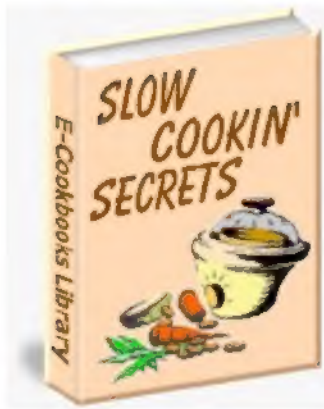

Slow Cookin' Secrets

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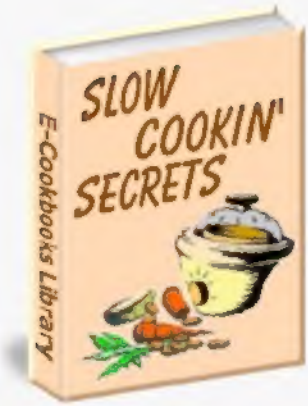

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THE FOOD AND COOKING NETWORK

All Day Chicken

- 2 tablespoons Frozen OJ
- 2 cups Chicken stock
- 1 teaspoon Salt
- 1/4 teaspoon Pepper
- 1/2 cup Tomato paste
- 2 tablespoons Soy sauce
- 2 tablespoons Brown sugar
- 2 Cloves garlic, minced
- 1 dash Allspice
- Remaining ingredients:
- 4 pounds Chicken, breasts and thighs
- 1/4 pound Mushrooms, sliced
- 2 tablespoons Margarine or butter
- 11 ounces (1 can) mandarin orange sections, drained
- 1/2 Of a medium–large bell pepper, sliced lengthwise
- 1/4 teaspoon Ground ginger
- 3 tablespoons Cornstarch
- 1/4 cup Cold milk
- 1/4 cup Cold water

Marinade: The night before you plan on slow cooking your dinner, mix together the marinade ingredients in a large, closable container large enough to also hold the chicken pieces. When marinade is thoroughly mixed, add the chicken, close container and refrigerate until morning. In the morning place the chicken in the slow cooker and add marinade up to about an inch from the top of the container. Set the cooker on low and cover. 6 to 8 hours later, turn the cooker to high. About an hour later, saute the sliced mushrooms in the margarine or butter. Then add the mushrooms (with pan juices), mandarin sections, green pepper and ginger into the slow cooker and stir thoroughly. Mix together the cornstarch, milk and cold water, then gradually add into the slow cooker while stirring until the entire mixture thickens a bit. Re–cover the slow cooker and let simmer for 15 to 30 minutes until serving. Serve with baby carrots and small new potatoes.

All–Day–Long Crockpot Beef

- 1–1/2 pounds beef roast, * see note
- 1/2 teaspoon black pepper
- 2 garlic cloves, minced
- 1/2 package onion soup mix
- 2 teaspoons Worcestershire sauce
- 1 teaspoon steak sauce
- 3 carrots, sliced
- 2 celery stalks, diced
- 1 green bell pepper, chopped
- 1 yellow onion
- 1/2 cup water
- 1/2 cup tomato juice

* Use any cut of beef roast desired. 1. Cut beef roast into serving–sized portions. Use more beef if you need more than 6 servings. Brown beef in a bit of vegetable oil, although you can skip this step if rushed for time. 2. Slice onion and separate into rings. Dice the peeled carrots, dice the celery and slice the peppers into thin strips or circles. Place these into bottom of crockpot. Sprinkle the beef pieces with fresh ground black pepper, minced garlic and the onion soup mix. Place on top of the vegetables. 3. Mix the steak sauce and Worcestershire sauce in a small bowl with about 1/2 cup water and 1/2 cup tomato juice. Pour this over the meat. 4. Turn the crockpot to high for 30 minutes, or, if you're in a hurry, skip this step. Turn to low, cover and cook for 7–9 hours. * Keep the crockpot covered as much as possible throughout cooking time. A crockpot can be used to cook this type of meal for a varied amount of time, depending on your schedule. It is not important that you take the meat and vegetables out at a specific amount of time. One or two hours either way usually makes no difference. When ready to serve, dip meat and vegetables out of pot with a slotted spoon. Use the liquid as is or turn crockpot to high and thicken liquid with a little flour or cornstarch.

Amish–Style Chicken And Corn Soup

- 1/2 Stewing hen or fowl
- 2 quarts Chicken stock or broth
- 1/4 cup Onion, coarsely chopped
- 1/2 cup Carrots, coarsely chopped
- 1/2 cup Celery; coarsely chopped
- 1 teaspoon Saffron threads, (optional)
- 3/4 cup Corn kernels, (fresh/frozen)
- 1/2 cup Celery, finely chopped
- 1 tablespoon Parsley, fresh chopped
- 1 cup Egg noddles, cooked

Combine stewing hen with chicken stock, coarsely chopped onions, carrots, celery, and saffron threads. Bring the stock to a simmer. Simmer for about 1 hour, skimming the surface as necessary.Remove and reserve the stewing hen until cool enough to handle; then pick the meat from the bones. Cut into neat little pieces. Strain the saffron broth through a fine sieve. (Note: The soup can be made through this step in advance. Simply refrigerate broth and diced chicken meat for 2 to 3 days, or freeze the broth and the chicken meat in separate convenient sized containers. Be sure to label and date them. To use, defrost, remove congealed fat, return the broth full boil, and add the diced meat. Continue with recipe.) Add the corn, celery, parsley, and cooked noodles to the broth. Return the soup to a simmer and serve immediately.

Ann's Ruby Chicken

- 2 pounds Chicken, pieces
- 1 medium Onions, chopped
- 2 tablespoons Oil
- 2 teaspoons Salt
- 1 teaspoon Pumpkin pie spice
- 1 can Orange juice, concentrated
- 2 teaspoons Orange peel, grated
- 1 pound Cranberries
- 1 cup Sugar

Night before: Chop onions, thaw orange juice and chicken, measure spices. In the morning: Add ingredients to crockpot. Cook 8–10 hours, till done. Serve over hot cooked rice.

Apple–Glazed Roast Pork

- 4 pounds Pork loin roast
- 6 each Apples
- 1/4 cup Apple juice
- 3 tablespoons Sugar, brown
- 1 teaspoon Ginger, ground

Rub roast with salt and pepper. Brown pork roast under broiler to remove excess fat; drain well. Core and quarter apples. Place apple quarters in bottom of crockpot. Place roast on top of apples. Combine apple juice, brown sugar, and ginger. Spoon over top surface of roast, moistening well. Cover and cook on Low 10–12 hours, until done.

Autumn Pork Chops

- 6 Thick pork chops
- 2 Medium acorn squash
- 3/4 teaspoon Salt
- 2 tablespoons Margarine, melted
- 3/4 cup Brown sugar
- 3/4 teaspoon Kitchen Bouquet or brownn sauce
- 1 tablespoon Orange juice
- 1/2 teaspoon Orange peel, grated

Trim excess fat from pork chops. Cut each squash into 4 or 5 crossways slices; remove seeds. Arrange 3 chops on bottom of crockpot. Place all squash slices on top; then another layer of three remaining chops. Combine salt, butter, sugar, bouquet sauce, orange juice and orange peel. Spoon over chops. Cover and cook on low 6–8 hours or until done. Serve one or two slices of squash with each pork chop.

Baked Cajun Chicken

- 1–1/2 pounds To 2 Pound chicken, meaty (breasts, thighs, drumstick)
- Nonstick spray coating
- 2 tablespoons Nonfat milk
- 2 tablespoons Onion powder
- 1/2 Dried thyme, crushed
- 1/4 teaspoon Garlic salt
- 1/8 teaspoon To 1/4 Teaspoon grd white pepper
- 1/8 teaspoon To 1/4 Teaspoon grd black pepper

Remove skin from chicken. Rinse chicken, pat dry. Spray a 13 by 9 by 2 inch baking dish with nonstick coating. Arrange the chicken, meaty sides up, in dish. Brush with milk. In small bowl mix onion powder, thyme, garlic salt, white pepper, red pepper, and black pepper. Sprinkle over chicken. Bake in a 375 degree oven for 45 to 55 minutes or till the chicken is tender and no longer pink.

Baked Stuffed Apples

- 6 medium red apples, tart
- 1 cup light brown sugar
- 1/4 cup golden seedless raisins
- 1 tablespoon orange peel, grated
- 1/4 cup butter, softened
- 2 cups water, very hot
- 3 tablespoons frozen orange juice concentrate

Wash, core and stem the apples, but don't peel them. Stand them in a buttered mold and stuff them with 2/3 cup of the brown sugar, the raisins and the orange peel. fill the tops of the core cavities with butter and sprinkle the remaining sugar over the tops. Place the mold in the slow cooker and pour the hot water into the cooker. Sprinkle the orange juice concentrate over the apples. Cover the cooker and cook on Low for 3 to 5 hours, or until the apples are tender.

Banana Bread

- 1 3/4 cups flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup shortening
- 2/3 cup sugar
- 2 eggs, well beaten
- 1–1/2 cups banana, well mashed, overrip
- 1/2 cup walnuts, coarsely chopped

Sift together the flour, baking powder, baking soda and salt. With the electric beater on low, fluff the shortening in a small bowl, until soft and creamy. Add the sugar gradually. Beat in the eggs in a slow stream. With a fork, beat in 1/3 of the flour mixture, 1/2 the bananas another 1/3 of the flour mixture, the rest of the bananas then the last of the flour mixture. Fold in the walnuts. Turn into a greased and floured baking unit or a 2 1/2 quart mold and cover. Place on a rack in the slow cooker. Cover the cooker, but prop the lid open with a toothpick or a twist of foil to let the excess steam excape. Cook on high for 4 to 6 hours. Cool on a rack for 10 minutes. Serve Warm.

Bar–B–Q'd Pork Steaks

- 6 Pork Steaks OR Chops
- 1 teaspoon Fat
- 1–1/2 cups Ketchup
- 1–1/2 cups Water
- 1/4 cup Vinegar
- 1/4 cup Worcestershire Sauce
- 2 teaspoons Salt
- 2 teaspoons Chili Powder
- 2 teaspoons Paprika
- 1 teaspoon Pepper
- 1/2 teaspoon Accent
- 2 large Onions, sliced very thin
- 1 teaspoon Salt
- 1 teaspoon Accent
- 1/4 teaspoon Pepper

Use a 5 qt. crockpot. Place fat in crockpot and melt on HIGH. Add meat and turn to coat with fat. Season meat with mixture of last 3 ingred. Add all other ingred. Cook on LOW for 8–9 hrs.

Barbecue Beef Sandwiches

- 3 pounds Beef rump roast
- 3 tablespoons Flour
- 15 ounces Tomato sauce
- 1/2 cup Onions–chopped
- 1/3 cup Brown sugar, packed
- 2 tablespoons Lemon juice
- 1 tablespoon Beef instant bouillon
- 1–1/2 teaspoons Chili powder
- 1 Clove Garlic, chopped fine
- 1 teaspoon Dry mustard
- Hamburger buns

Rub flour into roast. Place in bottom of crockpot and add remaining ingredients, except buns. Cook on low for about 14–16 hours. Serve over buns.

Barbecued Bean Soup

- 1 pound Great Northern beans, soaked
- 2 teaspoons Salt
- 1 medium Onion, chopped
- 1/8 teaspoon Ground pepper
- 2 pounds Beef short ribs
- 6 cups Water
- 3/4 cup Barbecue sauce

Place alI ingredients in CROCK–POT except barbecue sauce Cover and cook on Low 10 to 16 hours. Before serving, remove short ribs and cut meat from bones. Return meat to CROCK–POT. Stir in barbecue sauce before serving.

Barbecued Pot Roast

- 2 pounds roast, trimmed, lean
- 1 teaspoon salt
- 1/2 cup tomato paste
- 24 peppercorns
- 1 small onion, chopped
- 1 teaspoon worcestershire sauce

Sprinkle salt over the roast and place in crock pot. Spread tomato paste over meat; imbed peppercorns into paste; top with onions and worcestershire sauce. Cover and cook on LOW 8–10 hrs. Serve meat with accumulated gravy.

Bavarian Dinner

- 2 cans Sauerkraut, Bavarian style, undrained (27 Ounce each)
- 2 pounds Polish kielbasa sausage, precooked and cut in pieces.
- 1 medium Onion, thinly sliced and into rings
- 1 teaspoon Chicken bouillon, instant
- 1/2 teaspoon Celery seed

In bottom of slow cooking pot, layer 1 can sauerkraut, 1 lb sausage pieces, half the onion slices, 1/2 t boulllon and 1/4 t celery seed. Repeat layers. Cover and cook at setting #3 in West Bend cooker (low) for 7 ~ 9 hours or #5 in West Bend Cooker (high) for 3–4 hours. Serve with boiled potatoes and apple raisin salad.

Bean, Barley & Sausage Soup

- 1 pound Kidney beans, dry
- 1 package Smoked Polish sausage, sliced
- 7 cups Water
- 1 cup Barley
- 2 Garlic cloves, peeled
- 3 Bay leaves

Put rinsed beans in large saucepan. Add water, cover and let stand overnight. Drain off water the next day. Put beans, barley and remaining ingredients into crockpot. Stir. Cover and cook on high for 4 hours. Remove bay leaves. Salt to taste when serving.

Beef And Beans

- 1 pound Beans, pinto, dried
- 6 cups Water, cold
- 1/2 pound Salt pork, cut up
- 1 pound Beef, chuck steak, 1" cubed
- 1/2 teaspoon Pepper, red, crushed
- 1 Onions, chopped
- 1 1/3 tablespoons Garlic cloves, minced
- 6 ounces Tomato paste
- 1–1/2 tablespoons Chili powder
- 1 teaspoon Salt
- 1 teaspoon Cumin seed
- 1/2 teaspoon Marjoram leaves

Soak beans in water overnight. Brown salt pork in skillt or in the corckpot if you have that type. Combine the soaked beans with water into the crockpot along with the browed salt pork and remaining ingredients. Cover and cook on low for 9–10 hours.

Beef And Macaroni Casserole

- 1 package Package Macaroni, Cooked and drained
- 2 tablespoons Oil
- 1–1/2 pounds Ground beef, browned and drained
- Salt and pepper
- 1 large Onion, chopped
- 2 each Stalks celery, chopped
- 1 can Tomato paste
- 3/4 cup Water
- 2 tablespoons Sherry
- 1 can Tomato soup
- Grated Cheddar or
- Parmesan cheese
- 1 teaspoon Leaf oregano

Toss cooked noodles in oil. Place in greased CROCK–POT. Add all remaining ingredients, except grated cheese. Stir thoroughly. Sprinkle cheese over top. Cover and cook on Low 4 to 8 hours. (High: 2 to 3 hours).

Beef And Peppers

- 2 pounds round steak, lean
- 2 green peppers, sliced thin
- 2 tablespoons dried onions, minced
- 1 cup beef broth
- 2 tablespoons low sodium soy sauce
- 1/2 teaspoon ground ginger
- 1 garlic clove, minced
- 1 teaspoon Worcestershire sauce

*Use dried onions or finely chop about 1/2 of a fresh onion. 1. Cut the steak into serving size pieces. If desired you can brown the meat in a little hot oil before adding to crockpot. Place the thinly sliced pepper rings in bottom of crockpot, reserving a few to place on top of meat if desired. (Vegetables cook better when placed on bottom of pot.) Arrange the meat on pepper, careful to not stack one piece directly on top of another. Mix all other ingredients and pour over meat and peppers. 2. Cover and cook on low for 8–10 hours or on high for about 4 hours. Serve with mashed potatoes and simply seasoned vegetables.

Beef Bourguinon

- 4 pounds lean beef, cubed
- 1 cup red wine
- 1/3 cup oil
- 1 teaspoon thyme
- 1 teaspoon black pepper
- 8 slices bacon, diced
- 2 cloves garlic, crushed
- 1 onion, diced
- 1 pound mushrooms, sliced
- 1/3 cup flour

Marinate beef in wine,oil,thyme and pepper 4 hrs at room temp. or overnight in the fridge. In large pan, cook bacon until soft. Add garlic and onion sauteeing until soft. Add mushrooms and cook until slightly wilted. Drain beef reserving liquid. Place beef in slow cooker. Sprinkle flour over the beef stirring until well coated. Add mushroom mixture on top. Pour reserved marinade over all. Cook on LOW 8–9 hrs.

Beef Casserole

- 1–1/2 pounds stew meat
- 1 ounce flour
- 2 tablespoons oil
- 2 large onions
- 3 medium carrots
- 1 pint beef stock
- salt and pepper

Cut the steak into 1 inch cubes and toss in the flour seasoned with salt and pepper. Brown on all sides in the oil, then remove from the pan. Cut the onions into thin slices and cook in the oil until soft and golden. Slice the carrots thinly and put into the crockpot. Top with the onions and the meat. Add any remaining flour to the fat in the pan and cook for 2 minutes. Work in the stock and stir over low heat until the liquid comes to the boil. Pour into the crockpot, cover and cook on HIGH for 30 minutes, then on LOW 6–7 hours.

Beef Stew

- 2 pounds Beef chuck or stew meat, cut 1" cubes
- 1/4 cup Flour
- 1–1/2 teaspoons Salt
- 1/2 teaspoon Pepper
- 1–1/2 cups Beef broth
- 1 teaspoon Worcestershire sauce
- 1 Clove garlic, minced
- 1 Bay leaf
- 1 teaspoon Paprika
- 4 Carrots, sliced
- 3 Potatoes, diced
- 2 Onions, chopped
- 1 Stalk celery, sliced
- 2 teaspoons Kitchen Bouquet (optional)

Place meat in crock pot. Mix flour, salt and pepper and pour over meat; stir to coat meat with flour. Add remaining ingredients and stir to mix well. Cover and cook on low (200 degrees) for 10 to 12 hours or high (300 degrees) for 4 to 6 hours. Stir stew thoroughly before serving. From: Crock Pot Recipe Booklet To cook on the stove: Mix the flour, salt and pepper together. Coat meat with flour mixture. In a large fry pan, wok, or Dutch Oven, brown the meat in a little oil (cooking a little meat at a time until all is browned). Place meat in a large pot and add about 3 cups beef broth, Worcestershire, garlic, bay leaf, paprika, carrots, onions and celery. Stir to mix. Cook over medium heat until it comes to a slow boil, reduce to low and continue cooking (4 hours or so) until the liquid is reduced and meat is tender, stirring frequently. Add potatoes and continue cooking about another 30 minutes or until potatoes are tender. Do not use Kitchen Bouquet. If necessary, add a little flour mixed with water to thicken.

Beef Tips

- 1/2 cup Flour
- 1 teaspoon Salt
- 1/8 teaspoon Pepper
- 4 pounds Beef or sirloin tips
- 1/2 cup Chopped green onions
- 2 cups Sliced fresh mushrooms
- 1 can (10 1/2 oz.) Condensed beef broth
- 1 teaspoon Worcestershire sauce
- 2 teaspoons Tomato paste or ketchup
- 1/4 cup Dry red wine or water
- 3 tablespoons Flour
- Buttered noodles

Combine 1/2 cup flour with the salt and pepper and toss with beef cubes to coat thoroughly. Place in crock–pot.

Add green onions and drained mushrooms. Combine with beef broth, Worcestershire sauce and tomato paste or ketchup. Pour over beef and vegetables; stir well. Cover and cook on LOW setting for 7 to 12 hours. One hour before serving, turn to HIGH setting. Make a smooth paste of red wine and 3 tablespoons flour; stir into crock–pot, mixing well. Cover and cook until thickened. Serve over hot buttered noodles.

Broccoli And Tofu In Spicy Almond Sauce

- 1/2 cup hot water
- 1/2 cup almond butter, or peanut butter
- 1/4 cup cider vinegar
- 2 tablespoons tamari soy sauce
- 2 tablespoons blackstrap molasses
- 1 teaspoon cayenne
- 1 pound broccoli
- 2 teaspoons ginger
- 4 cloves garlic
- 1 pound tofu, cubed
- 2 cups onion, thinly sliced
- 1 cup cashews, chopped
- 3 tablespoons tamari soy sauce
- 2 scallions, chopped

Sauce: In small saucepan, whisk together almond butter and hot water until you have a uniform mixture. Whisk in remaining sauce ingredients and set aside. Saute: Stir–fry half the ginger and half the garlic in 1 T. oil. Add tofu chunks, stir–fry for 5–8 minutes. Mix with sauce. Wipe wok clean, saute remaining ginger & garlic in 2 T. oil. Add onions and fresh pepper, saute for about 5 min. Add chopped broccoli, cashews and tamari; stir–fry until broccoli is bright green. Toss saute with sauce, mixing in the minced scallions as you toss. Serve over rice.

Brunch Casserole

- 1–1/2 pounds Ground beef
- 1 each Onion;large, finely chopped
- 2 tablespoons Olive oil or butter
- 2 each Garlic;cloves, minced
- 1 can Mushrooms;sliced;drained, 4oz
- 2 teaspoons Salt
- 1/2 teaspoon Nutmeg
- 1/2 teaspoon Oregano, leaf
- 1/2 package frozen Spinach; thawed and drained
- 3 tablespoons Flour
- 6 each Eggs, beaten
- 1/4 cup Milk, scalded
- 1/2 cup Cheddar cheese; sharp, grated

In skillet, lightly brown ground beef and onion in olive oil; drain well. Place in well–greased crock–pot. Stir in remaining ingredients except eggs, milk and cheese until well blended. Beat eggs and milk together. Pour over other ingredients; stir well. Dust with additional nutmeg. Cover and cook on LOW setting for 7 to 10 hours or until firm. Just before serving, sprinkle with grated cheese. 6 to 8 servings (About 2–1/2 quarts)

Cafe Chicken

- 2 each Chickens, about 2–1/2 pound, Cut into eighths
- 1 Onion, chopped
- 2 Of garlic, chopped
- Salt & white pepper to taste
- 1 each Green pepper, diced
- 1 medium Very ripe tomato, Peeled
- Seeded and chopped
- 1 cup Dry white wine
- Pinch of cayenne pepper

Combine all ingredients in slow–cooker. Cover pot and set at Low. Cook for 6 to 8 hours, or until chicken is tender.

California Pot Roast

- 4 pounds Beef rump
- 2 tablespoons Flour
- 1 teaspoon Salt
- 1/8 teaspoon Pepper
- 1 tablespoon Oil
- 1 Onion; chopped fine
- 2 Carrots, sliced
- 1 tablespoon Worchetershire sauce
- 1 cup Water

Dredge meat well in flour, salt, and pepper. Brown in oil in skillet; add remaining ingredients. Cover. Simmer about 4 hours over low heat.

Carmel Apples

- 2 packages Caramels, 14 oz. each
- 1/4 cup Water
- 8 medium Apples

In crockpot, combine caramels and water. Cover and cook on high for 1 to 1 1/2 hours, stirring frequently. Wash and dry apples. Insert stick into stem end of each apple. Turn control on low. Dip apple into hot caramel and turn to coat entire surface. Holding apple above pot, scrape off excess accumulation of caramel from bottom apple. Place on greased wax paper to cool.

Cauliflower And Potato Curry

- 4 cups potatoes, peeled and quartered
- 1 small cauliflower, cut into florets
- 1 pinch asafetida
- 3/4 teaspoon ground turmeric
- 1/2 teaspoon chili powder
- 1–1/2 teaspoons ground cumin
- 3/4 teaspoon salt
- 1 pinch sugar
- 2 tomatoes, chopped
- 1 1/4 cups water
- 1/2 teaspoon garam masala
- 1/2 cup wheat berries, optional

Add all ingredients to a crockpot and cook on low for approximately six hours. If you're adding wheat berries, cook them on high with an additional cup of water for an hour, then add remaining ingredients and cook on low. With the wheat berries, if things start drying out, add more water.

Chalupa

- 1 pound Pinto beans
- 3 pounds Pork roast
- 7 cups Water
- 1/2 cup Onion, chopped
- 2 Garlic cloves, minced
- 1 tablespoon Salt
- 2 tablespoons Chili powder
- 1 tablespoon Cumin
- 1 teaspoon Oregano
- 4 ounces Green chili peppers, chopped (one can)

Put all ingredients in a dutch oven, an electric crockery cooker, or a heavy kettle. Cover and simmer about 5 hours, or until the roast falls apart and the beans are done. Uncover and cook about 1/2 hour, until the desired thickness is achieved. This recipe may be served with corn chips and condiments including chopped tomato, chopped avocado, chopped onion, shredded lettuce, grated cheddar cheese and hot sauce.

Chicken & Artichoke Casserole

- 3 pounds (approx.) boiler–fryer, cut up
- 1/2 teaspoon White pepper
- 1/2 teaspoon Paprika
- 1 tablespoon Butter/margarine
- 1/2 cup Rich chicken broth
- 3 tablespoons Sherry
- 1/2 teaspoon Dried tarragon
- 1 can Mushrooms
- 2 tablespoons (heaping) quick–cooking, tapioca
- 2 Jars marinated artichoke, hearts; reserve 1 tbls. of marinade

Wash chicken. Pat dry with paper towels. Season with salt, white pepper, and paprika. Using a large frying pan, brown chicken in 1 T. butter. Place mushrooms and drained artichoke hearts in bottom of crockpot. Sprinkle with quick–cooking tapioca. Add the browned chicken pieces. Pour in broth and sherry. Add tarragon. Cover crockpot and turn to Low heat setting. Cook for 7–8 hours. OR cook on High for 5 hours.

Chicken & Cherries Jubliee

- 2 each Broiler fryers, 2–1/2 to 3 Lb each; or breasts; thighs and drumsticks only

- 2 tablespoons Butter
- Salt and pepper
- 1 can Bing cherries, pitted (1 lb)
- 1 cup Chili sauce
- 2 each Chicken bouillon cubes OR
- 2 teaspoons Chicken stock base
- 1/4 cup Pale dry sherry
- 2 tablespoons Cornstarch
- 2 tablespoons Water
- 3 tablespoons Brandy OR Cognac, warmed

FOR A DRAMATIC PARTY DISH; FLAME CHICKEN & CHERRIES AT THE TABLE. Wash chicken. Pat dry with paper towels. Melt butter in a large frying pan. Brown chicken on all sides. Transfer to crockery pot. Season with salt and pepper. Pour 1/2 cup cherry juice into frying pan. Stir to loosen drippings. Pour over chicken. Add chili sauce and bouillon chubes. Cover. Cook on LOW 6 to 8 hours; or until tender. Remove chicken from pot and keep warm. Pour juices into saucepan. Skim fat. Boil until slightly reduced. Add sherry and remaining cherry juice. Combine cornstarch and water. Stir into juice mixture. Cook until thickened. Add cherries and heat. Arrange chicken on warm platter. Ignite warmed brandy and flame sauce. Spoon flaming sauce over chicken.

Chicken And Rice

- 6 Bonless chicken breasts, skinned
- 2 cans Cream of chicken soup
- 1 can Cream of mushroom soup
- 1 package Rice–A–Roni (Chicken flavor)
- Salt and pepper to taste

In slow cooker put chicken breast with canned soups, alt and ppper. Cook all day on LOW (approx. 10 hrs. or until chicken is tender). Fix Rice–A–Roni per directions on box. Put on plate and place chicken and gravy on top.

Chicken & Sausage

- 1 tablespoon Oil, olive
- 4 Garlic cloves, crushed
- 1 medium Onions, chopped
- 1 Pepper, red, chopped
- 1 Pepper, green, chopped
- 1 small Zucchini, chopped
- 1 can Mushrooms
- 1 can Tomatoes, italian, stewed
- 1 can Tomato Paste (6oz)
- 1/4 pound Sausage, hot
- 2 Chicken breasts
- 1 teaspoon Italian Seasoning
- Pepper, red, flaked, optional

Heat oil in skillet. Sautee onion and garlic until light brown. Remove. Add sausage and chicken to brown in the skillet. Drain and pat dry. In crockpot combine all other ingredients together with the onions and garlic. Add the sausage then top with the chicken breasts. Cover and cook on low setting 6–8 hrs.

Chicken And Green Onion Curry

- 1 Medium Onion, thinly sliced
- 3 Cloves Garlic, minced or pressed
- 1 Tablespoon Fresh Ginger Root, grated
- 1 Cinnamon Stick, about 2" long
- 1/2 Teaspoon Ground Cumin
- 1/2 Teaspoon Crushed Red Pepper Flakes
- 1 Teaspoon Ground Turmeric
- 1/4 Teaspoon Ground Cloves
- 1/4 Ground Cardamom
- 3 1/2 Pounds Chicken, Whole, cut up and skinned
- 1/2 Cup Chicken Broth
- 2 Tablespoons Cornstarch, blended with 2 Tablespoons Cold Water
- Salt
- 1/4 Cup Cilantro Leaves, lightly packed
- 1/2 Cup Green Onions, sliced

In a 4–quart or larger electric slow cooker, lightly mix thinly sliced onin, garlic, ginger, cinamon stick, cumin, red pepper flakes, turmeric, cloves, and cardamom. Rinse chicken and pat dry; then arrange, overlapping pieces slightly, on top of onion mixture. Pour in broth. Cover and cook at low setting until meat near thighbone is very tender when pierced (6 1/2–7 hours). Carefully lift chicken to a warm serving dish and keep warm. Skim and discard fat from cooking liquid, if necessary; remove and discard cinnamon stick. Blend in cornstarch mixture. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times, until sauce to taste with salt; stir in cilantro and green onions. Pour sauce over chicken.

Chicken And Sausage Cassoulet

- 15 ounces navy beans
- 1 cup tomato juice
- 2 medium carrots, in 1/2 inch pieces
- 1 stalk celery, in 1/2 inch pieces
- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon chicken bouillon, granules, low salt
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 boneless skinless chicken breasts, frozen
- 4 ounces smoked turkey sausage link

In crockpot, combine undrained beans, tomato juice, carrots, celery, onion, garlic, bay leaf, boullion granules, basil and oregano. Place frozen chicken on top of bean mixture. Cut sausage in 1 inch pieces and placed on top of chicken. Cover and cook on low heat setting 10–12 hours or high heat setting for 5 to 6 hours. Remove bay leaf. Serve in rimmed soup bowls.

Chicken Breasts A la'Orange

- 3 chicken breasts, halved
- 10 3/4 ounces cream of celery soup, or cream of chicken
- 4 ounces sliced mushrooms, drained
- 2/3 cup flour
- 3 tablespoons flour
- 1 teaspoon salt
- 1 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 2 teaspoons brown sugar
- 1 dash pepper
- 1 dash garlic powder
- 1/2 cup orange juice
- 1/2 teaspoon orange rind, grated
- 2 sweet potatoes, peeled, cut in 1/4" slices
- buttered rice

Rinse chicken breasts and pat dry. Combine 2/3 cup flour with salt, nutmeg, cinnamon, pepper and garlic powder. Thoroughly coat chicken in flour mixture. Place sweet potato slices in bottom of crock pot. Place chicken breasts on top. Combine soup with remaining ingredients except buttered rice; stir well. Pour soup mixture over chicken breasts. Cover and cook on low heat for 8 to 10 hours or on high setting for 3 to 4 hours, or until chicken and vegetables are tender. Cook rice separately. Serve over hot buttered rice.

Chicken Chow Mein

- 6 chicken thighs without skin
- 6 ounces mushrooms, sliced
- 1 onion, sliced
- 3 cloves garlic, minced
- 1/2 cup teriyaki sauce
- parsley
- 3 dashes Tabasco sauce

Put above ingredients in a crock pot in the morning. Mix and put crockpot on low for all day cooking. Prepare rice. Put 2 handfulls of bean sprouts or 1 can, or 1 can Chinese vegetables in crock pot and mix. When rice is cooked, serve chicken over rice. Chicken will be so tender it will literally fall off the bones. The chicken is then easily deboned, and everything can be mixed together, chow mein and rice, or serve over the rice.

Chicken Coq Au Vin

- 2 frying chickens, cut up
- 12 small whole onions, (12 to 16)
- 1/2 Pound mushrooms, sliced
- 1 Teaspoon salt
- 1/2 Teaspoon thyme
- 1/4 Teaspoon pepper
- 1 cup chicken stock
- 1 cup dry white or red wine
- 3 tbs flour
- 3 tbs butter

Place onions in bottom of cooker, then add all other ingredients except flour and butter. Cook on low heat 8–10 hours or high heat 3–4 hours. To thicken sauce, remove 1/4 cup liquid from cooker. Melt butter in saucepan, stir in flour and liquid. When blended, return to cooker.

Chicken In Riesling With Grapes

- 1/4 cup Chopped shallots
- 1 clove Garlic, minced
- 6 ounces Mushrooms, sliced
- 1/4 teaspoon Dry tarragon
- 1 Chicken (3+ lbs.), cut into quarters
- Ground white pepper
- 1/2 cup Riesling or dry white wine
- 2 tablespoons Cornstarch
- 1/3 cup Whipping cream
- 1/2 cup Seedless green grapes
- 2 tablespoons Lemon juice
- Salt

In a 4 quart or larger electric slow cooker, combine shallots, garlic, mushrooms, and tarragon. Rinse chicken and pat dry; then arrange, overlapping pieces slightly, on top of mishroom mixture. Sprinkle with white pepper;pour in wine. Cover and cook at low setting until meat near thighbone is very tender when pierced (6–7+hrs). Carefully lift chicken to a warm platter and keep warm. Skim and discard fat from cooking liquid. In a small bowl, mix cornstarch and cream, blend into cooking liquid. Increase cooker heat setting to high; cover and cook stirring 2 or 3 times, until sauce isthickened about 10 more minutes. Stir in grapes and then season to taste with lemon juice and salt. Cover and cook for 3–5 more minutes. To serve spoon sauce over chicken.

Chicken Livers

- 1 pound Chicken livers
- 1/2 cup Flour
- 1 teaspoon Salt
- 1/4 teaspoon Pepper
- 3 Bacon;slices, diced
- 3 Green onions, with tops, chopped
- 1 cup Chicken bouillon
- 1 can (10 1/2 oz.) Golden Mushroom soup
- 1 can Sliced mushrooms, 4–ounce (drained)
- 1/4 cup White wine — dry or sauterne

Cut chicken livers into bite–size pieces; toss in flour, salt and pepper. Fry bacon pieces in large skillet; remove when brown. Add flour–coated chicken livers and green onion to bacon grease in skillet; saute until lightly browned. Pour chicken bouil lon into ski Ilet and stir into drippings. Pour all into CROCK–POT. Add browned bacon bits and all remaining ingred ients. Cover and cook on Low 4 to 6 hours. Serve over rice, toast or buttered noodles.

Chicken Stroganoff

- 6 Boneless Chicken Breasts
- 16 ounces Sour cream
- 1 can Cream of Mushroom soup
- 1 package Onion Soup mix, Lipton's

Mix all together and put into crockpot. Cook on low for 4 –6 hours. Or until chicken is tender. Serve over cooked noodles or rice.

Chicken With Cream Sauce

- 1 large chicken
- 1 stalk celery, halved, with leaves
- 1 small onion, halved
- 4 sprigs parsley
- 2 whole cloves
- 1 carrot, peeled and halved
- 1 teaspoon salt
- 1 small bay leaf
- 1/2 teaspoon thyme
- water
- 4 tablespoons butter
- 1 cup chicken stock
- 1/8 teaspoon pepper
- 1/2 cup cream
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/4 cup parsley, chopped

Put the chicken in the crockpot and cover with water. Add celery, carrot, onion and salt. Tie parsley, bay leaf, cloves and thyme in a small square of cheese cloth, add to the pot. Cover and cook on LOW for 7–9 hrs. Melt 4 tablespoon butter in a medium saucepan. Stir in flour and cook over low heat for several mins. Gradually stir in stock. Simmer until smooth. Add salt, pepper, parsley and cream. Remove chicken from pot, slice and serve with the creamy sauce.

Chili–Beer Brisket Of Beef

- 2 1/2 pounds Beef brisket
- 1/2 cup Onions, chopped
- 1 teaspoon Salt
- 1 teaspoon Black pepper
- 1/4 teaspoon Garlic powder
- 12 ounces Chili sauce
- 12 ounces Beer
- 2 medium Tomatoes
- 6 Parsley sprigs

Place beef brisket, fat side down, in crockpot. Sprinkle brisket with onion, salt, pepper and garlic powder. Pour chili sauce over brisket. Crockpot on low for 3 hours. Pour beer over brisket. Increase temperature to moderate and continue cooking for 30 minutes. Place brisket on large serving platter. Slice brisket very thin and serve with hot cooking liquid. Garnish with sliced tomatoes and parsley. Serve with wild rice.

Chinese Country Ribs

- 2 cups Ketchup
- 2 tablespoons Honey
- 2 tablespoons White Vinegar
- 2 tablespoons Soy sauce
- 1/4 teaspoon Five spice powder, (opt.)
- 1 small Onion: finely chopped
- 2 teaspoons Fresh ginger, minced
- 1 Garlic clove, minced
- 1 teaspoon Cornstarch, dissolved in 1 Teaspoon col
- 4 pounds Country ribs:, cut into individual
- Hot cooked rice

In a 3–1/2 quart slow cooker, combine ketchup, honey, vinegar, soy sauce, five–spice powder, onion, ginger and garlic. Position a broiler rack 6 inches from the saurce of the heat and preheat the broiler. Broil the ribs, turning once, until browned. About 10 minutes. Transfer the ribs to the slow cooker. Stir to coat the ribs with the sauce. Cover and slow cook until ribs are tender, 5–6 hours on LOW. Transfer the ribs to a platter and cover with aluminum foil to keep warm. Skim the fat from the surface of the sauce. In a medium saucepan bring the sauce to a simmer over a medium heat. Cook until reduced to about 1 cup. (6–8 minutes) Stir in the cornstarch mixture and cook just until thickened. Pour the sauce over ribs and serve immeadiately with hot cooked rice.

Chops In A Crock Pot

- 6 Pork chops, browned
- 1 Onion, chopped
- 3 tablespoons Catsup
- 10 1/2 ounces Cream of chicken soup
- 2 teaspoons Worcestershire sauce

Place all into crock pot and simmer about 4–5 hours. Serve with rice, noodles or potatoes.

Cider Pork Stew

- 2 pounds Pork
- 3 tablespoons Flour
- 1 teaspoon Salt
- 1/4 teaspoon Dried thyme
- 1/4 teaspoon Pepper
- 6 Carrots
- 4 Potatoes
- 2 Onions
- 1 Apple
- 2 cups Apple cider
- 1 tablespoon Vinegar
- 1/2 cup Cold water
- 1/4 cup Flour

Cube boneless pork, slice onion and carrot, quarter potato, chop apple. Combine 3 tbls flour, salt, thyme and pepper, toss with meat. Put carrots, potatoes, onion and apple in cooker. Top with meat cubes. Combine apple cider and vinegar, pour over meat. Cover, cook on low for 10–12 hours. Turn cooker to high. Blend 1/4 cup flour and 1/2 cup cold water, blend well. Stir into liquid in crockpot. Cover, cook 15 minutes or until thickened. Season to taste.

Coca–Cola Pot Roast

- 3 pounds Beef
- 2 tablespoons Oil
- 1 can Tomatoes
- 1 cup Coca–Cola
- 1 each Onions, chopped
- 1 package Spaghetti sauce mix
- 1–1/2 teaspoons Salt
- 1/2 teaspoon Garlic salt

Brown meat in oil for ten minutes on each side; remove to crockpot. Drain fat. Break up tomatoes in their juice; add remaining ingredients, stirring until spaghetti sauce mix is dissolved. Pour over meat. Cover; simmer until meat is tender. Thicken gravy; serve over sliced meat.

Cola–Chicken

- 1 cup Cola, regular
- 1 cup Catsup
- 1 Onion, sliced
- 1–1/2 pounds Chicken, whole

Wash and pat dry chicken. Salt and pepper to taste. Put chicken in crockpot and onions on top. Add cola and catsup and cook on LOW 6 to 8 hours. When cooked place in refrigerator to cool and then skim off the fat. Reheat and eat.

Company Casserole

- 1 1/4 cups Raw converted rice
- 1/2 cup Butter or margarine, melted
- 2 1/2 cups Chicken broth (to 3 cups)
- 3 cups Cut–up, cooked chicken, up to 4 cups
- 2 4–oz cans sliced mushrooms, drained
- 6 tablespoons Soy sauce
- 8 Green onions, chopped
- 2/3 cup Slivered almonds

Mix rice with melted butter or margarine in crockpot. Stir to coat rice thoroughly. Add all remaining ingredients, except slivered almonds and 2 tablespoons green onions. Stir well. Sprinkled reserved almonds and green onions over top. Cover and cook on Low 7 to 9 hours, High 3 to 4 hours.

Corned Beef And Cabbage

- 2 medium Onions, sliced
- 2 1/2 pounds Corned beef brisket
- 1 cup Apple juice
- 1/4 cup Brown sugar, packed
- 2 teaspoons Orange peel, finely shredded
- 2 teaspoons Prepared mustard
- 6 Whole cloves
- 6 Cabbage wedges

Place onions in crockpot. Trim away any fat that might be present on the brisket. If needed, cut brisket to fit into crockpot; place on top of onions. In a bowl, combine apple juice, sugar, orange peel, mustard, and cloves; pour over brisket. Place cabbage on top of brisket. Cover; cook on low setting for 10 to 12 hours or high setting for 5 – 6 hours.

Country Ribs With Apples And Kraut

- 3 pounds Pork ribs, lean, country–
- trimmed of any, excess fat.
- 1 can Sauerkraut, undrained, 16 oz
- 1 medium Onion, thinly sliced and into rings
- 1 can Mushroom stems and pieces, drained, 8 oz
- 1 large Apple, cored and cut into wedges
- 1/4 cup Brown sugar
- 1/2 teaspoon Celery seed

Brown ribs in slow cooker pot (or skillet) on top of range over medium heat. Season with salt and pepper. Transfer cooker pot to base unit or meat from skillet into cooker pot. Layer sauerkraut, onion, mushrooms, apple wedges and brown sugar over ribs. Sprinkle with celery seed. Cover and cook at setting #3 in West Bend (low) for 7 ~ 9 hours or at setting #5 in West Bend (high) for 3–4 hours until meat is tender.

Cream Cheese Chicken

- 1 each Frying chicken, cut up
- 2 tablespoons Melted butter or margarine
- Salt and pepper
- 2 tablespoons Dry italian salad dressing
- 1 can Condensed mushroom soup
- 6 ounces Cream cheese, cut into cubes
- 1/2 cup Sauterne wine or sherry
- 1 tablespoon Chopped onion

Brush chicken with butter and sprinkle with salt and pepper. Place in a crockpot and sprinkle dry mix over all. Cover and cook on low for 6 to 7 hours. About 45 minutes before done, mix soup, cream cheese, wine, and onion in a small saucepan. Cook until smooth. Pour over the chicken and cover and cook another 45 minutes. Serve with sauce.

Creamy Pork & Aples With Cornmeal Biscuits

- 1 small Onion, finely chopped
- 3 cloves Garlic, minced
- 2 large Tart green apples; peeled, cored and sliced
- 2 teaspoons Each sugar and dry sage
- 1/4 teaspoon Each white pepper and nutmeg
- 2 1/2 pounds Boneless leg of pork or loin, trimmed/cut into 1" chunks
- 3 tablespoons All purpose flour
- 1/2 cup Dry white wine
- Cornmeal–yogurt biscuits*
- 1–1/2 tablespoons Cornstarch
- 1/3 cup Whipping cream
- Salt

Ina 3 quart or larger electrtic slow cooker, combine onion, garlic and apples; sprinkle with sugar, sage, white pepper and nutmeg. Coat pork cubes with flour, then arrange over apple mixture. Pour in wine. Cover and cook at low setting until prok is very tender (7–8+hrs). When pork is almost done, prepare Cornmeal–Yogurt biscuits. While biscuits are baking, mix cornstarch and cream in a small bowl; blend into pork mixture. Increase cooker heat setting to high. Cover and cook until sauce is hot and bubbly (10–15 more minutes). Season to taste with salt. Arrange 6–8 biscuits around edge of pork mixture in cooker. Serve remaining biscuits in a basket.

Cornmeal–Yogurt biscuts: In a large bowl, stir together 1 1/2 c. all–purpose flour, 1/2 c. yellow cornmeal, 1 tbsp. baking powder, 1 tsp sugar and 1/2 tsp. salt. Dice 1/3 cup cold butter or margarine; with a pastry blender or 2 knives, cut butter into flour mixture until mix resembles coarse crumbs. Add 3/4 cup plain nonfat yogurt; stir just until mixture forms a sticky dough. Gather dough into a ball and knead gently on a floured board; then roll or pat out about 1/2 inch thick. Using a floured 2 1/2" cutter, cut dough into 12 rounds. Place about 1" apart, on an ungreased baking sheet. Bake in a 450 oven until golden brown, 10–12 minutes. Serve hot.

Creamy Scalloped Potatoes

- 2 pounds Potatoes (about 6 medium)
- 1/4 teaspoon Pepper
- 3 tablespoons Butter
- 1 Small onion, thinly sliced
- 1 can Cream of mushroom soup, (10 oz.)
- 1/4 cup Flour
- 1 teaspoon Salt
- 4 slices American cheese

Peel and thinly slice potatoes. Toss slices in 1 cup water and 1/2 teaspoon cream of tartar. Drain. Put half of sl iced potatoes in greased CROCK–POT. Top with half of onion slices, flour, salt and pepper. Add remaining sliced potatoes and onions. Sprinkle with remaining flour. Add butter and undiluted soup. Cover and cook on Low 7 to 9 hours. (High: 3 to 4 hours). Add cheese slices 30 minutes before serving (Recipe may be doubled for 5–quart model).

Crock Pot Roast Beef

- 5 pounds Chuck roast
- 2 cans French Onion Soup
- 16 ounces Beer
- 2 ounces Whiskey
- 2 Beef bouillon cubes

Braise roast in 400F. oven for one hour. Add all ingredients together with roast in crock pot. Stir a bit and simmer 4–5 hours. Note: Roast can be cut up in chunks to fit in crockpot– after simmering total time it will be very tender and broken in pieces. May be served on buns with Au Jus or with potatoes and vegetables.

Crock–Style Beans

- 8 cups water
- 1 pound navy beans, dried (2–1/2 cups)
- 4 ounces salt pork – cut into small pieces (1 cup)
- 1 cup onion, chopped
- 1/2 cup molasses
- 1/4 cup brown sugar, packed
- 1 teaspoon dry mustard

In saucepan bring water and beans to boiling; reduce heat and simmer, covered, 1–1/2 hours. Remove from heat and pour into bowl; cover and chill. Drain beans; reserve 1 cup liquid. Transfer beans and reserved liquid to crockery cooker. Stir in pork, onion, molasses, brown sugar, and mustard. Cover; cook on low heat setting for 12–14 hours. Stir.

Crockpot Corn

- 1 large Bag frozen corn
- 8 ounces Pkg. cream cheese
- 1 Stick margarine
- Salt and pepper to taste

Melt cream cheese and margarine in microwave. Spray crockpot with vegetable spray. Put melted cream cheese and margarine in crockpot. Add corn, salt and pepper. Cook in crockpot for two hours on low.

Dave's Meat Loaf

- 1 pound extra lean ground beef
- 1/4 pound sausage meat
- 1/4 cup dark beer
- 1 egg
- 2 bread slices, torn into soft crumb
- 1 onion, chopped
- 3 tablespoons chopped parsley
- 1/2 teaspoon fresh ground black pepper
- Worcestershire sauce
- Tabasco sauce

Combine all ingredients and gently shape into a round loaf. Place on a trivet in crockpot. Cover and cook on low, about 7 to 8 hours. Serve with tomato sauce or chilli sauce. Chill leftovers and slice for sandwiches the next day.

Dilled Swedish Veal Roast

- 1 tablespoon Butter or margarine
- 1 Boned, rolled, tied veal or leg roast (3 lb)
- 8 ounces Mushrooms, quartered
- very small carrots, or 6–8 med. carrots
- 2 tablespoons Chopped fresh dill, or 2 tsp. dry dill
- 1/8 teaspoon Ground white pepper
- 1/4 cup Lemon juice
- 1/2 cup Dry white wine
- 3 tablespoons Cornstarch
- 1/3 cup Whipping cream
- Salt
- Twist of lemon peel
- Dill sprigs

Melt butter in a wide nonstick frying pan over medium high heat. Add veal and brown well on all sides, then place in a 4 quart or larger electric slow cooker. Surround veal with mushrooms and carrots (if using medium size carrots, first cut each in half croswise, then cut lengthwise into quarters.) Sprinkle with chopped dill and white pepper. Pour in lemon juice and wine. Cover and cook at low setting until veal is very tender when pierced. (7 1/2–9 hrs). Carefully lift veal to a warm deep platter. Using a slotted spoon, lift carrots and mushrooms from cooker and arrange around veal; keep warm. In a small bowl, mix cornstarch and cream; blend into liquid in cooker. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times until suace is thickened. (15–20 more minutes). Season with salt. To serve, remove and discard strings from veal. Slice across the grain. Spoon some of the sauce over veal and vegetables; if desired, garanish with lemon peel and dill sprigs. Serve remaining sauce in a bowl or pitcher to add taste.

Easy Beef Brisket

- 3 pounds Beef brisket
- 1 can Onion soup
- 1/2 cup Catsup
- 1 tablespoon Lemon juice
- 1 each Jar carrot baby food

Place brisket in crockpot, mix all other ingredients and pour over brisket. Cook on low 8 – 10 hours. Tastes best the next day when the liquid has been absorbed by the meat.

Easy Crockpot Beef Dinner

- 1 pound Chuck or other cut beef
- 1 Onion, sliced
- 2 Garlic cloves, chopped
- 2 Carrots, sliced
- 2 Celery stalks, diced
- 1 can Stewed Tomatoes, 14.5 oz.
- 1 package Lipton Onion/Mushroom Soup
- 1 tablespoon Kitchen Bouquet
- 1 tablespoon Worcestershire sauce
- 1 can Mushrooms (optional)
- 2 tablespoons Flour

Add the onion, garlic, carrots, celery to the crockpot. Place meat on top of vegetables. Add the Worcestershire sauce, Kitchen Bouquet, dry soup mix. Last, pour the stewed tomatoes over the top. I cooked this on Low heat for 7 hrs then added the mushrooms and let it cook for an hour or so more. When done, remove the meat and if a thicker gravy is desired, stir in 2 T flour and set crockpot to high while stirring for a minute or so. Serve with rice or noodles. (Or can add cut up potatoes with the vegetables)

Enchiladas

- 1 pound Hamburger
- 1 Onion, chopped
- 4 1/2 ounces Can chopped chilies
- 1 can Mild enchilada sauce
- 10 1/2 ounces Golden mushroom soup
- 10 1/2 ounces Cheddar cheese soup
- 10 1/2 ounces Cream of mushroom soup
- 10 1/2 ounces Cream of celery soup
- 1 package Dorito chips

Brown hamburger and chopped onion, pour off grease. Put all ingredients in crock pot except Doritos chips. Mix and cook low 4 to 6 hours. Last 15 minutes before you are ready to eat, add Dorito chips and stir.

English Beef Pot Pie

- 2 pounds Beef round steak*
- 3 tablespoons Flour
- 1 teaspoon Salt
- 1/4 teaspoon Pepper
- 2 Carrots, pared & sliced
- 3 Poetatoes, peeled & sliced
- 1 Onion; large, thinly sliced
- 1 can Whole tomatoes (16.oz)
- 1 *****BISCUIT TOPPING******

*cut into 1–inch cubes. Place steak cubes in crock–pot. Combine flour, salt and pepper, toss with steak to coat thoroughly. Stir in remaining ingredients except Biscuit Topping and mix thoroughly. Cover and cook on LOW setting for 7 to 10 hours. One hour before serving, remove meat and vegetables from crock–pot and pour into shallow 2–1/2–quart baking dish. Preheat oven to 425 degrees. Cover meat mixture with Biscuit Topping. Bake for 20 to 25 minutes.

BISCUIT TOPPING: 2 cups flour, 1 teaspoon salt, 3 teaspoons baking powder, 1/4 cup shortening, 1/4 cup milk. Mix dry ingredients. Cut in shortening until mixture resembles coarse cornmeal. Add milk all at one time; stir well. Pat out on floured board; roll out to cover baking dish.

Fall Lamb And Vegetable Stew

- 2 pounds Lamb stew meat
- 2 Tomatoes
- 1 Summer squash
- 1 Zucchini
- 1 Potatoes
- 1 can Mushrooms, sliced
- 1/2 cup Bell peppers, chopped
- 1 cup Onions, chopped
- 2 teaspoons Salt
- 1 each Garlic cloves, crushed
- 1/2 teaspoon Thyme leaves
- 1 each Bay leaves
- 2 cups Stock, chicken
- 2 tablespoons Butter
- 2 tablespoons Flour

Peel, seed, and chop tomatoes. Slice summer squash and zucchini. Dice potatoes. Place lamb and vegetables in crockpot. Mix salt, garlic, thyme, and bay leaf into stock; pour over lamb and vegetables. Cover and cook on low 8 hours. (Don't peek. Lifting the lid prolongs cooking time.) Turn to high. Blend flour and butter, then shape into small balls. Drop into stew and cook, stirring several times, until thickened. Serve over hot noodles or rice.

French Onion Beef

- 1 1/4 pounds Boneless beef round steak
- 1 package (8 oz) fresh slice mushrooms
- 1 large Onion sliced into rings
- 1 can French onion soup condensed
- 1 package 15 minute herb stuffing mix
- 1/4 cup Margarine or butter, melted
- 4 ounces Shredded mozzarella cheese

Cut beef into 6 serving–size pieces. Layer half of the beef, mushrooms and onion in 3 1/2 to 4–quart slow cooker; repeat layers. Pour soup over ingredients in slow cooker. Cover; cook on low setting for 8 to 10 hours or until beef is tender and no longer pink. Before serving, toss stuffing mix and contents of seasoning packet with melted margarine and 1/2 cup liquid from pot. Place stuffing on top of contents in slow cooker; cover. Increase heat to high setting. Cook 10 minutes or until stuffing is fluffy. Sprinkle with cheese; cover. Cook until cheese is melted.

Fresh Artichokes

- 2 large Fresh artichokes
- 6 cups –Water, hot
- 4 slices Lemon, thin slices
- 1/3 cup Butter; or margarine, melted
- 3 tablespoons Lemon juice
- 1/4 teaspoon Seasoned salt

With sharp knife, slice about 1" off top of each artichoke; cut off stem near base. With scissors, trim about 1/2" off top of each leaf. With sharp knife, halve each artichoke vertically; then scoop out and discard the fuzzy center or choke. Place artichoke halves in slowcooker; add hot water and lemon slices. Cover and cook on HIGH 4 to 5 hrs. or until done. Drain; serve with sauce. Lemon butter sauce – combine all ingredients.

Green Chili Stew

- 2 pounds Pork or beef
- 2 tablespoons Oil
- 3 each Potatoes
- 1/2 cup Onion
- 1 each Garlic cloves, crushed
- 2 teaspoons Salt
- 1 ounce Green chilies, diced

Cube meat, sprinkle with salt and fry until brown in oil. Dice potatoes and add to browned meat; slice onions and add, then garlic, salt, chilies and enough water to cover. Continue to add water if necessary. It will have a soupy consistency.

Grilled Sesame Chicken Breast

- 1 tablespoon Brown Sugar
- 3 tablespoons Reduced–sodium soy sauce
- 1 teaspoon Sesame seeds
- 1 tablespoon Seasame Seeds
- 2 cloves Garlic, chopped
- 1/8 teaspoon Black pepper, Freash
- 4 ounces Chicken breast halves, with skin removed

Combine all ingredinets except chicken in a shallow dish. Mix well. Add chicken, turning to coat. Cover and marinate in the refrigerator at least 2 hours. Remove chicken from marinate. Put the marinade aside. Grill 4 to 5 inches from medium–hot coals for 15 inches from medium–hot for 15 minutes. Turn and baste frequently with reserve marinade.

Ground Beef Barbecue

- 3 pounds Ground beef, lean
- 1 large Onion, chopped
- 2 cloves Garlic, minced
- 5 Celery ribs, finely chopped
- 1–1/2 teaspoons Salt
- 1/2 teaspoon Pepper
- 1 tablespoon Cider vinegar
- 2 tablespoons Prepared mustard
- 1/4 cup Brown sugar
- 1 teaspoon Mustard seed
- 3 1/2 cups Catsup

Brown meat in slow cooker or skillet on top of range on medium heat. Remove excess grease. Transfer cooking pot to heating base or transfer meat to slow cooker. Add all remaining ingredients stirring well to blend. Cover and cook at setting #3 (for West Bend Slow Cooker) or low in others for 6 – 8 hours. Serve on buns or over hot dogs for chili dogs.

Ground Beef Stew

- 3 Potatoes, cubed
- 4 Med.carrots, sliced
- 1 small Onion, chopped
- 1 can Peas, drained
- 1 pound Ground beef
- Salt
- 1 can Tomato soup 1
- 1 can Warm water

Place in crock pot in layers. Do not mix. place potatoes first, then place carrots next. Then add onions, peas, ground beef and salt. Spread tomato soup evenly over all layers. Then add water. Cook for 7 hours. Stir just before serving.

Ground Beef Stroganoff

- 2 pounds Ground beef
- 2 medium Onions, chopped
- 2 Cloves Garlic, minced
- 1 small Can sliced mushrooms, drained
- 2 1/2 teaspoons Salt
- 1/4 teaspoon Pepper
- 1 cup Consomme or, bouillon
- 3 tablespoons Tomato paste
- 1–1/2 cups Sour cream, mixed with 4 Tablespoon flour

Brown ground beef in large skillet; add onions, garlic and mushrooms. Saute until onion is golden brown. Put in Crockpot with all remaining ingredients. Stir thoroughly. Cover and cook on Low 6 to 8 hours. Serve over hot buttered noodles or rice.

Gumbo

- 1 whole onion, chopped
- 3 whole clove
- 1 whole green bell pepper, diced
- 2 cups tomatoes, diced
- 4 cups vegetable stock
- 1 cup cooked lima beans
- 1 cup fresh corn kernels, or frozen
- 1–1/2 cups sliced okra
- 1 teaspoon salt
- 1/4 teaspoon allspice

Saute the onion and green pepper with the cloves in water until soft. Remove the cloves. Put all ingredients in a slow cooker on high for 6 hours or low for 8–10 hours. Pretty simple! It's nice to come home at the end of the day and have everything ready. Do the lima beans in the slow cooker the night before so all you have to do is add everything else to them.

Ham And Chicken Chowder

- 6 cups Chicken stock
- 2 cups Cooked ham, diced
- 2 cups Potatoes, cubed
- 8 small Onions
- 1 cup Corn
- 1 cup Cut green beans
- 1 cup Lima beans
- 1 cup Canned tomatoes
- 2 Stalks celery w/leaves, chopped
- 1 tablespoon Parsley, minced
- 1 teaspoon Salt
- 1/2 teaspoon Pepper
- 1 Bay leaf

Combine all ingredients in crockpot. Cover and cook on LOW for 6 to 8 hours, or on HIGH for 3 to 4 hours. Serve in heated soup bowls garnished with chopped fresh parsley.

Ham And Noodle Casserole

- 1 cup Unccooked noodles
- Vegetable oil
- 1 cup Cubed ham
- 1 can Condensed cream of Chicken
- 1 can Whole kernel corn, drained – 8 oz.
- 1 tablespoon Pimento, chopped
- 1/2 cup Cheddar cheese, shredded
- 1/4 cup Green pepper, chopped

Cook noodles according to package directions until barely tender (approx. 5 to 6 minutes). Drain and toss with just enough oil to coat. (3 T) Add noodles and remaining ingredients to a greased Crock pot and stir to mix. Cover and cook on LOW setting 7 to 9 hours.

Ham And Scalloped Potatoes

- 8 slices Of ham
- 10 medium Potatoes, thinly sliced
- 1 cup Grated Cheddar
- 2 Onions, thinly sliced
- 1 can Cream of mushroom soup
- Paprika
- Salt and pepper to taste

Toss sliced potatoes in 1/2 teaspoon cream of tartar and 1 cup water. Drain. Put half of ham, potatoes, and onions in CROCK–POT. Sprinkle with salt and pepper, then grate cheese Repeat with remaining half. Spoon undiluted soup over top Sprinkle with paprika. Cover and cook on low 8 to 10 hours. (High: 4 hours).

Hamburger Cornmeal Shepherd's Pie

- 1/2 cup Green pepper, chopped finely
- 1/2 cup Flour
- 3/4 cup Yellow cornmeal
- 1/4 cup Onion, minced finely
- 2 cups Ground round
- 5 tablespoons Oil
- 1 cup Tomato sauce
- 2 tablespoons Tomato catup
- 2 teaspoons Salt
- Dash lemon pepper
- 1 teaspoon Chili powder
- 1 Tablespoon sugar
- 2 teaspoons Baking powder
- 1/2 teaspoon Thyme
- 1 Egg
- 1/2 cup Skim milk

Preheat oven to 400F. Saute pepper, onion, beef in 2 tablespoons of oil in skillet, until beef is well browned. Stir in tomato sauce, catup, 1 ts salt, lemon pepper, add chili powder. Put into 1 1/2 quart casserole. Stir flour, cornmeal, sweetener, baking powder, remaining salt and thyme together in a bowl; then add egg milk, and rest of oil. Stir until smooth. Top the first mixture with second and bake, uncovered, or until the cornmeal is sightly brown and firm to touch (about 1 hour). Loosen cornmeal with a knife around edges, turn on serving plate with top side down.

Hawaiian Chicken Breasts

- 4 Green onions
- 3 Tablespoons Butter
- 4 Chicken breast halves
- Flour seasoned with
- salt and pepper
- 1 Can sliced pineapple, (14 Ounces)
- 1 Avocado
- Rice; hot, buttered

Chop onions using only 1" of green tops. Saute in 1 T of butter until glazed. Transfer to crock pot. Coat chicken breasts in seasoned flour. Saute in butter until brown on both sides. Transfer to crock pot. Drain pineapple. Pour juice over chicken. Cover and cook on low 3–4 hours (high 1 1/2 – 2 hours) or until breasts are tender. Saute pineapple slices in butter until golden. Place on heated plater. Top each with a chicken breast. Slice avocado into 8 lengthwise strips. Place 2 strips on each chicken breast. Serve pan drippings over rice.

Hearty Bean And Vegetable Stew

- 1 pound beans, assorted, dry
- 2 cups vegetable juice cocktail
- 1/2 cup dry white wine
- 1/3 cup soy sauce
- 1/3 cup apple juice, or pineapple juice, vegetable stock, or water
- 1/2 cup celery, diced
- 1/2 cup parsnips, diced
- 1/2 cup carrots, diced
- 1/2 cup mushrooms, diced
- 1 onion, diced
- 1 teaspoon basil
- 1 teaspoon parsley
- 1 bay leaf
- 3 cloves garlic, minced
- 1 teaspoon black pepper, ground
- 1 cup rice, or pasta, cooked

Sort and rinse beans, then soak overnight in water. Drain beans and place in crockpot. Add vegetable juice, wine, soy sauce, and apple or pineapple juice. Cover with vegetable stock or water; the amount added depends on whether you prefer a soup (more liquid) or a stew (less). The juice adds just a tad of sweetness and the soy sauce adds depth and the tang of salt. Cook at high for 2 hours. Add vegetables, herbs, and spices, and cook for 5–6 hours at low until carrots and parsnips are tender. When tender, add rice or pasta and cook for one additional hour. NOTES: For beans use 3 or 4 kinds, such as: black, red kidney, pinto, baby lima, lentil, and green and/or yellow split peas.

Hearty Beef Vegetable Stew

- 2 teaspoons Old Bay Seasoning
- 3 pounds Beef chuck, trimmed
- 4 Potatoes, cut in chunks
- 3 Carrots, sliced
- 1/2 Onion, sliced
- 1 cup Water

Sprinkle 1 tsp Old Bay over beef. Sprinkled remaining Old Bay over vegetables. Place all ingredients in slow cooker and cook on high for six hours.

Home–Style Bread Pudding

- 2 Eggs, slightly beaten
- 2 1/4 Cup Milk
- 1 Teaspoon Vanilla
- 1/2 Teaspoon Cinnamon
- 1/4 Teaspoon Salt
- 2 Cup 1–inch bread cubes
- 1/2 Cup Brown sugar
- 1/2 Cup Raisins or chopped dates

In medium mixing bowl, combine eggs with milk, vanilla, cinnamon, salt, bread, sugar, and raisins or dates. Pour into 1 1/2–qt. baking dish. Place metal trivet or rack in bottom of crockpot. Add 1/2 cup hot water. Set baking dish on trivet. Cover pot; cook on high for about 2 hours. Serve pudding warm or cool.

Honey Wheat Bread

- 2 cups Dry Milk, warm/reconstituted
- 2 tablespoons Vegetable OIl
- 1/4 cup Honey
- 3/4 teaspoon Salt
- 1 package Active dry yeast
- 3 cups Whole wheat flour
- 3/4 cup All–purpose flour (to 1 Cup)

Preheat Crockpot (3 1/2 or 5 quart) on high 30 minutes. Combine warm, not hot , milk, oil, honey, salt, yeast, and half the flour. With electric mixer, beat well for about 2 minutes. Add remaiing flour; mix well. Place dough in well greased Bread 'n Cake pan;cover. Let stand for 5 minutes. Place pan in crockpot. Cover and bake on high setting for 2 to 3 hours. Remove pan and uncover. Let stand five minutes. Unmold and serve warm. Note: Fresh milk may be used if scalded.

Honey–Mustard Baked Chicken

- 3 pounds Chicken, pieces
- 1/2 cup Butter
- 1/2 cup Honey
- 1/4 cup Mustard, Dijon
- 1 teaspoon Garlic salt
- 1 teaspoon Curry powder

Preheat oven to 350. Place chicken pieces in shallow baking pan, skin side up. Combine butter, honey, mustard, salt and curry powder and mix well. Pour over chicken and bake 1–1/4 hours, basting every 15 min, until chicken is tender and nicely browned.

Hot And Spicy Sloppy Joes

- 1–1/2 pounds Ground beef
- 1 large onion, chopped (1 cup)
- 1 clove garlic, minced
- 6 ounces can hot–style tomato juice
- 1/2 Cup catsup
- 1/2 Cup water
- 2 Tablespoon brown sugar
- 2 Tablespoon chopped canned jalapeno pepper
- 1 Tablespoon prepared mustard
- 2 teaspoons chili powder
- 1 teaspoon Worcestershire sauce
- 8 hamburger buns
- Shredded cheese

In a large skillet cook ground beef, onion, and garlic till meat is brown and onion is tender. Drain off fat. Meanwhile, in a 3 1/2 or 4 quart crockery cooker combine tomato juice, catsup, water, brown sugar, jalapeno peppers, mustard, chili powder and Worcestershire sauce. Stir in meat mixture. Cover; cook on low heat setting for 10–12 hours or high heat setting for 3–5 hours. Toast buns; spoon meat mixture over buns and sprinkle with cheese.

Hot Dog Baked Beans

- 4 pounds Canned baked beans
- 1/4 teaspoon Onion powder
- 1/4 cup Ketchup
- 1/4 cup Sugar
- 3/4 cup Onion, diced
- 1/3 cup Light molasses
- 1/4 cup Open Pit BBQ sauce w/onions
- 1 pound Hotdogs, chopped

Put beans, onion, onion powder, molasses, ketchup, bbq sauce, sugar and hot dogs in crockpot. Stir gently to mix. Cool on low for about 8 hours. If sauce is runny, lift cover for last hour or two to let moisture evaporate.

Hungarian Goulash

- 2 Pound Round steaks, cut in 1/2" – cubes
- 1 Cup Chopped onion
- 1 Clove garlic, minced
- 2 Tablespoon Flour
- 1 Teaspoon Salt
- 1/2 Teaspoon Pepper
- 1–1/2 Teaspoon Paprika
- 1/4 Teaspoon Dried thyme, crushed
- 1 (14 1/2 oz) can tomatoes
- 1 Cup Sour cream

Noodles Put steak cubes, onion, garlic in crockpot. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on Low 8–10 hours Add sour cream 30 minutes before serving, and stir in thoroughly. (High: 4–5 hours, stirring occasionally.) Serve over hot buttered noodles.

Israeli Wheat Berry Stew

- 5 cups water
- 1–1/2 cups Great northern beans
- 1 cup wheat berries
- 6 small potatoes, cut in half
- 1 large onion, sliced
- 4 cloves garlic, minced
- 5 teaspoons cumin, ground
- 3 teaspoons tumeric
- 1/2 teaspoon black pepper, ground

Mix together all ingredients in crockpot. Cook at high 8 to 10 hours.

Italian Beef Stew

- 2 1/2 pounds Beef stew meat, cut into – 1 inch cubes
- 4 Carrots, cut into 1/2 inch
- 1 large Onion, thinly siced and into rings.
- 1 can Whole tomatoes, cut up – 28 oz.
- 2 cups Water
- 1 teaspoon Salt
- 1–1/2 teaspoons Italian seasoning
- 2 teaspoons Instant beef bouillon
- 1 cup Uncooked mastaccioli or other pasta

Brown meat in slow cooker on top of range or skillet on medium heat. Transfer pot to base or meat to slow cooker. Add remaining ingredients except pasta to cooking pot. Stir to combine. Cover and cook at Setting #3 for West Bend or low in others for 7 – 9 hours OR at #5 or high for 3 – 4 hours. Increase heat to high (#5). Add pasta and stir to blend. Cover and continue cooking for 30 minutes until pasta is done.

Italian Chicken

- 1 frying chicken, cut into pieces
- 1 teaspoon seasoned salt
- 1/4 cup flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons Parmesan cheese, grated
- 1/2 cup chicken stock
- 1 can mushrooms, drained
- 1/2 teaspoon paprika
- zucchini, sliced into medium pieces
- freshly ground black pepper
- parsley to garnish

Sprinkle chicken with seasoned salt. Combine flour, salt, pepper, cheese, and paprika. Coat chicken pieces with mixture. Place zucchini in bottom of Crockpot. Pour stock over zucchini. Arrange chicken on top. Cover and cook on low for 6 to 8 hours or until tender. Turn control to high, add mushrooms, cover, and cook on high for another 10–15 minutes. Garnish with freshly ground black pepper and parsley.

Italian Rollups

- 1/4 cup Pine nuts, coarsely chopped
- 1 clove Garlic, minced
- 2 tablespoons Fresh parsley, chopped
- 2 tablespoons Fresh basil, chopped
- 1 tablespoon Olive or vegetable oil
- 1/4 teaspoon Salt
- 1/8 teaspoon Pepper
- 1–1/2 pounds Boneless round steak
- 6 slices Proscuitto, well trimmed
- 1 cup Beef broth or bouillon
- 1 ounce Dried porcini or shitake, mushrooms
- 1/2 cup Dry red wine
- 2 tablespoons Cornstarch
- 1/4 cup –Water, cold
- Pine nuts, for garnish

In small bowl, combine 1/4 cup chopped pine nuts, garlic, parsley, basil, oil, salt, and pepper. Remove most of fat from steak. Cut into 6 pieces about 3"x4". Pound to about 1/4" thickness or 4"x6". Place a slice of prosciutto on each slice of pounded round steak. Spoon about 1 tbsp herb mixture on each. Roll up like a jelly roll. Tie with string. Place on bottom of slowcooker. Heat broth or bouillon to boiling. Pour over dried mushrooms. Add to cooker. Pour in wine. Cover; cook on LOW 6 to 7 hrs. Remove meat; cover and keep warm. Turn pot to HIGH. Dissolve cornstarch in water. Stir into liquid in pot. Cover; cook on HIGH 15 to 20 mins. or until thickened. Spoon over rollups. Sprinkle with pine nuts.

Jambalaya

- Chicken, cut–up
- 3 Onions, chopped
- 1 Carrot, sliced
- 1 Garlic clove, minced
- 1/2 teaspoon Oregano
- 1/2 teaspoon Basil
- 1 teaspoon Salt
- 1/8 teaspoon Pepper
- 1 can Cut up tomatoes(14oz)
- 1 pound Shrimp,shelled, raw
- 2 cups Rice, cooked

In slow cooker, combine chicken with onions, carrots, garlic, oregano, basil, salt,pepper and tomatoes. Cook on LOW 4–5 hours. Add shrimp and rice. Cook on HIGH 30–40 minutes until shrimp is done.

Japanese Lamb For Crockpot

- 2 pounds Lamb
- 1/4 cup Sauce, soy
- 1 tablespoon Honey
- 2 tablespoons Vinegar
- 2 tablespoons Sherry
- 2 each Garlic cloves, crushed
- 1/4 teaspoon Ginger, ground
- 1–1/2 cups Stock, chicken (optional)

Put all ingredients in crockpot and cook all day on LOW.

Kanchi Chicken

- 6 Chicken breasts
- 1/4 cup Italian salad dressing
- 1/4 cup Water
- 1 Enevlope dry onion soup mix
- Garlic salt to taste

Place chicken in slow cooker. Sprinkle with garlic salt and onion soup mix. Pour water and salad dressing over chicken.cover and cook on low or medium for 8 to 10 hours.

Knockwurst In Beer/Wine With Kraut

- 6 knackwurst
- 3 cups sauerkraut, rinse/drain
- 1 apple, peel/chop
- 1 teaspoon caraway seed
- 1 teaspoon sugar
- 1 cup beer, OR
- 1 cup white wine, instead of beer

Combine all ingredients. Cover tightly in a large skillet. Simmer over low heat 15–20 minutes and serve. Can also be prepared in a crockpot, which is done most of the time. Ham hocks can be used/added also. just strip most of the fat off. Serve with mashed potatoes. In crockpot it's about 6 hrs cooking, but much better.

Lamb And Apple Casserole

- 2 pounds middle neck lamb chops
- salt and pepper
- 2 medium onions
- 2 medium carrots
- 1 apple
- 1 ounce all–purpose flour
- 2 tablespoons oil
- 3/4 pint stock
- 1 stick celery

Coat the chops with the flour seasoned with the pepper and salt. Brown on both sides in the oil and remove the chops. Cook the chopped onions in the oil until soft and golden and put into the crockpot. Work any remaining flour into the fat, cook for 2 minutes, and stir in the stock. Bring to the boil, stirring well. Put the thinly sliced carrots, celery and apple into the crockpot. Put the chops on top and pour over the thickened stock, seasoning to taste. Cover and cook on HIGH for 30 minutes, then on LOW 6–7 hours.

Lamb And Tomato Casserole

- 2 pounds lamb shoulder
- 2 ounces butter
- 1 ounce all–purpose flour
- 1 teaspoon marjoram
- 8 ounces canned tomatoes
- 1 large onion
- 2 tablespoons oil
- 1/4 pint beef stock
- salt and pepper

Cut the lamb into 1 inch cubes and chop the onions. Cook in the butter and oil until the onions are soft and golden and the lamb is lightly browned. Stir in the flour and cook for 2 minutes. Add seasoning, marjoram, stock and tomatoes with their juice. Bring to the boil, stirring well. Pour into crockpot, cover and cook on HIGH for 30 minutes, then on LOW for 6–7 hours.

Lasagna With White Sauce

- 1 pound ground beef
- 1 onion, chopped
- 1 14.5 Ounce can diced tomatoes
- 2 tablespoons tomato paste
- 1 beef bouillon cube
- 1–1/2 teaspoons Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1 8 Ounce pkg mini lasagna noodles, cooked and drained

White Sauce

- 2 tablespoons butter or margarine, melted
- 3 tablespoons all–purpose flour
- 1 te salt
- 1/4 teaspoon black pepper
- 2 cups milk
- 2 cups shredded mozzarella cheese, divided

Cook lasagna noodles in boiling water for 5 minutes. Drain.
In a skillet, bro wn ground beef and onion, until onion is tender. Drain fat. Transfer meat mix ture to Crock–Pot. Stir in tomatoes, tomato paste, bouillon, and seasonings. Add cooked lasagna noodles. In a small bowl, mix melted margarine, flour, salt , pepper, milk, and 1 cup of mozzarella cheese. Stir into Crock–Pot. Cover an d cook on Low 4 to 6 hours or on High 2 to 3 hours. In the last 30 minutes, turn Crock–Pot to High, if cooking on Low. Top with remainder of mozzarella cheese. Serve when cheese is melted.

Layered Vegetarian Dinner

- 6 potatoes, sliced
- 1 large onion, sliced
- 2 carrots, sliced
- 1 green pepper, sliced
- 1 zucchini, sliced
- 1 cup corn, frozen or fresh
- 1 cup peas, frozen or fresh
- mushrooms
- broccoli
- green beans
- 2 1/2 cups tomato sauce
- 1/4 cup Tamari soy sauce, low–sodium
- 1 teaspoon thyme, ground
- 1 teaspoon dry mustard
- 1 teaspoon basil
- 2 teaspoons chili powder
- 1/2 teaspoon cinnamon
- 1/8 teaspoon sage
- 2 tablespoons parsley

Layer vegetables in large casserole in order given. Mix together ingredients for sauce and pour over vegetables. Cook six hours at high or 12 at low.

Lemon Pot Roast

- 2 1/2 pounds Chuck roast
- 1–1/2 cups Water
- 1/2 cup Lemon juice
- 1 Onions, chopped
- 1 teaspoon Salt
- 1 teaspoon Celery salt
- 1 teaspoon Onion salt
- 1/4 teaspoon Black pepper
- 1/4 teaspoon Marjoram, ground
- 1 each Garlic cloves, crushed
- 3 slices Lemon

Put roast in a shallow pan or marinating container. In a medium bowl, combine remaining ingredients. Pour over roast. Cover; refrigerate at least 4 or up to 24 hours. Remove roast from marinade; place in a roasting pan. Cover and bake at 325 degrees 1 1/2 to 2 hours, or until tender when pierced with fork.

Lemon Roast Chicken

- Chicken whole
- 1 dash Salt
- 1 dash Pepper
- 1 teaspoon Oregano
- 2 Cloves minced garlic
- 2 tablespoons Butter
- 1/4 cup Water
- 3 tablespoons Lemon juice

Wash chicken,pat dry, season with salt and pepper. Sprinkle 1/2oregano and garlic inside cavity. Melt butter in large frying pan. Brown chicken on all sides. Transfer to crock pot. Sprinkle with oregano and garlic. Add water to fry pan, stir to loosen brown bits. Pour into crock pot. Cover. Cook on LOW 8 hours. Add lemon juice in the last hour of cooking. Transfer chicken to cutting board. Skim fat. Pour juice into sauce bowl. Carve bird. Serve with some juice spooned over chicken.

Lemon–Garlic Chicken

- 3 pounds Chicken
- 1/2 cup Lemon juice
- 1/2 cup Garlic cloves, crushed
- 1 teaspoon Seasoned salt
- 1 teaspoon Poultry seasoning
- 2 dashes Tabasco
- 1 cup White wine

Skin and cut up chicken. Combine with other ingredients in crockpot. Set on low. Upon return from work, debone chicken. Serve over rice. If you freeze chicken pieces separately, and mix up other ingredients the night before, you can dump it all together quickly in the morning. And if you start with frozen chicken it doesn't fall apart.

Low–Fat Glazed Chicken In Crockpot

- 6 ounces orange juice, frozen concentrate, thaw
- 3 chicken breasts, split
- 1/2 teaspoon marjoram
- 1 dash ground nutmeg
- 1 dash garlic powder
- 1/4 cup water
- 2 tablespoons cornstarch

* Garlic is optional. 1. Combine thawed orange juice concentrate (not regular orange juice) in bowl along with the marjoram, garlic powder and nutmeg. Split the chicken breasts to make 6 serving sizes. Dip each piece into the orange juice to coat completely. Place in crockpot. Pour the remaining orange juice mixture over the chicken. 2. Cover and cook on low for 7–9 hours, or cook on high for 4 hours if you wish. Precise cooking time is not important in crockpot cooking. 3. When chicken is done, remove to serving platter. Pour the sauce that remains in crockpot into a saucepan. Mix the cornstarch and water and stir into the juice in pan. Cook over medium heat, stirring constantly, until thick and bubbly. Serve the sauce over the chicken.

Macaroni And Tomato Casserole

- 2 pounds Ground beef
- 1 cup Onion, chopped
- 1–1/2 cups Water
- 1 clove Garlic, minced
- 1/4 cup Green pepper, chopped
- 2 cans Tomatoes; chopped, 1lb ea
- 1 cup Tomato juice
- Salt and pepper
- 1/2 teaspoon Oregano
- 2 cups Macaroni, uncooked

Brown the meat, onion, green pepper, garlic and drain. Combine tomatoes, juice and the drained meat mixture. Stir in the seasonings. Mix well and place in crockpot and cook low for 6 to 8 hours. Stir in uncooked macaroni and cook 2 to 3 hours more.

Magic Meatloaf

- 1–1/2 pounds Ground chuck
- 1 Egg, beaten
- 1/4 cup Milk
- 1–1/2 teaspoons Salt
- 2 slices Bread, crumbed
- 1/2 small Onion, chopped
- 2 tablespoons Green pepper, chopped
- 2 tablespoons Celery, chopped
- 6 Potatoes, cut–up
- Ketchup

Mix egg, milk, salt & breadcrumbs. Let stand to soften. Thoroughly combine with meat & chopped vegs. Shape into loaf & put in crockpot. Top with ketchup. Place potatoes around the sides (if you peeled them, coat with butter to keep from darkening). Cover & cook on high for 1 hr., then on low for 8–9 hrs.

Many Bean Stew

- 1 Onion, chopped
- 1 tablespoon Oil
- 2 Cloves garlic, chopped
- 1–1/2 teaspoons Paprika
- 1/2 cup Pinto beans
- 1/2 cup Northern beans
- 1/2 cup Kidney beans
- 1/2 cup Red lentils
- 5 cups Water
- 1 Bay leaf
- 1 teaspoon Celery seed
- 1 teaspoon Dill weed
- 2 teaspoons Salt
- 1/4 teaspoon Black pepper
- 1 Knorr Vegetarian Boullion Cube
- 2 cups Cubed potatoes, carrots, or both

Saute onion, garlic in oil along with paprika. Put all ingredients in slow cooker, and simmer on high for about 4 hours.

Marinate Chicken And Pork

- 3 pounds chicken, pieces
- 1 pound boneless pork top loin, cubed
- 1 cup dry red wine
- 1/2 teaspoon black pepper
- 3 cups beef broth
- 2 cloves garlic, crushed
- 3 tomatoes, chopped
- 1/2 teaspoon rosemary
- 1 teaspoon salt

Place chicken pieces and pork cubes in a large bowl. Mix all other ingredients thoroughly, pour over chicken and pork. Allow meat to marinate in sauce for about 2 hrs. (you could leave it over night) Transfer chicken, pork and marinade to cooker. Cover pot, turn on LOW and cook 6–8 hrs.or until chicken and pork are thoroughly cooked. Serves 6.

Marinated Barbecue Brisket

- 5 pounds Fresh beef brisket
- 2 teaspoons Unseasoned meat tenderizer**
- 1/2 teaspoon Celery salt
- 1/2 teaspoon Seasoned salt
- 1/2 teaspoon Garlic salt
- 1/4 cup Liquid smoke
- 1/4 cup Worchestershire sauce
- 1–1/2 cups BBQ sauce

1. Place the brisket on a large piece of heavy–duty aluminum foil. Sprinkle tenderizer and seasonings on both sides of the meat. Pour liquid smoke and Worchestershire sauce over top. Cover and marinate in refrigerator 6 to 10 hours or overnight. 2. Place foil–wrapped brisket in Crock–Pot (cut brisket in half, if necessary, to fit easily). Cover and cook on low setting for 8 to 10 hours. 3. Chill cooked brisket, then cut across the grain into thin slices. Before serving, reheat in your favorite barbecue sauce.

Marinated Beef Pot Roast

- 3 pounds roast, trimmed
- 2 tablespoons oil
- Flour and water paste, optional
- 1 cup tomato juice
- 3 tablespoons mustard, prepared
- 4 tablespoons worcestershire sauce
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1/4 teaspoon fresh ground black pepper

Combine marinade ingredients and pour over roast in a shallow bowl. Cover and refrigerate overnight or for 24 hrs. Remove meat from marinade and pat dry with paper towels. Heat oil in large skillet and brown meat on all sides. Place in cooker. Cover and cook on LOW 8–10 hrs. serve with accumulated gravy. (This may be thickened in a saucepan with flour and water paste if you wish.)

Meatloaf

1/2 cup whole milk
2 white bread slices
1–1/2 pounds ground beef
2 eggs
1 small onion, peeled
1–1/2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon dry mustard
12 ounces tomatoes, whole

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours. Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.

Mexican Goulash

- 1/2 pound Lean ground beef
- 1/2 cup Onion, chopped
- 1/4 cup Green pepper, chopped
- 3 cups Tomato juice
- 1–1/2 cups Raw macaroni
- 1/4 teaspoon Garlic powder
- 1/4 teaspoon Pepper
- 1/4 teaspoon Chili powder

Add Macaroni to boiling water and cook for 7 minutes. Cook the first 3 ingredients in cast–iron skillet until meat is brown and vegetables are tender. Drain off fat. Add tomato juice, macaroni, and spices. Simmer until liquid is almost absorbed.

Millet Stew

- 1 cup millet, cooked
- 4 cups water
- 2 onions, cut in wedges
- 2 potatoes, cut in large chunks
- 2 carrots, cut in large slices
- 1 cup celery, cut in large slices
- 1/2 pound mushrooms, chopped
- 2 bay leaves
- 1/2 teaspoon basil
- 1/2 teaspoon thyme

Toast millet in dry skillet for about 5 minutes. Stir constantly to prevent burning. Add all ingredients to crockpot and cook 4 hours at high or 8 hours at low.

Mushroom Steak

- 1 Chuck roast, 1–1/2 inch, about 3 lbs
- 1 package Mushroom soup mix
- 1 tablespoon Dried onions
- 1 cup Red wine (or water)

Trim excess fat from roast; combine dry soup mix and onion on a sheet of aluminum foil or wax paper. Roll roast in mixture to coat well. Place coated roast in a crock pot, pour wine or water over; cover. Cook on medium (200*) for 8 hours, turning after 4 hours, if possible, or on high (290) for 4 hours, turning after 2 hours if possible, or until meat is tender. Serve with mashed potatoes and buttered green beans.

New England Boiled Dinner

- 3 pounds Corned beef
- 6 Carrots, cut in half Lengthwise
- 6 Potatoes, cut in half Lengthwise
- 1 medium Size head of cabbage
- 3 cups Water
- 6 Turnips, cut in quarters

Place corned beef and water in Crock Pot Cooker.Cover.Set on high.When steaming vigorously,set to medium and continue cooking 2 1/2 hours. Remove meat from cooker.Put potatoes, turnips,carrots and cabbage in Cooker.Place meat on top of vegetables.Cover and when mixture is steaming briskly,set to medium.Cook for 45 minutes. Ham may be used in place of corned beef, if desired.

New England Style Baked Beans

- 1/2 cup Chopped onion
- 3 1/2 cups Dry navy beans
- 1/2 cup Packed brown sugar
- 1 pound Smoked ham
- 1/2 cup Molasses
- 1 Teasooon salt
- 1/2 pound Bacon
- 1 teaspoon Dry mustard

Completely soften beans as directed above. (Beans should be soft before mixing with sugar and syrup). Drain, reserving 1 cup of liquid. Put beans in crockpot. Add all remaining ingredients along with the 1 cup reserved bean liquid; m ix well. Cover and cook on Low 10 to 12 hours. (High: 4 to 5 hours, stirring occasionally). Cut ham from bone and return to crockpot. If thicker beans are desired, uncover and turn to high during last hour. VARIATION: Stir in 2/3 cup catsup and 2 tablespoons prepared mustard during last hour.

New Orleans Red Beans And Rice

- 2 pounds dry kidney beans
- 1 large onion
- 1/2 cup chopped celery
- 1 chopped garlic clove, (optional)
- 2 bay leaves
- 1/2 teaspoon fresh thyme, (or dried if fresh is not available)
- Seasoned Salt, to taste
- 2 Smoked Turkey Legs, cut in pieces by butcher
- Prudholm's Poultry or Meat or Soup Magic
- Hot Sauce, to taste

Wash and soak the beans overnight In the morning, rinse and discard the water P lace the onion, celery, garlic, Turkey legs and bay leaves and thyme on the bot tom of the Crock Pot Pour beans on top Add water to cover to top of Crock Pot S hake in hot sauce (You may have to maneuver the ingredients to get the top on; however, leave the top without lifting for the first few hours and the beans wi ll cook down). Cook on high for 1 hour and reduce to low for 7–8 (sometimes you may want to go a little longer if th ey are not tender – going to 10 will not hurt). When beans are done remove appr oximately 1 cup and mash to a paste Add the paste back to the pot and stir Turn the pot off and let stand for about 1 hour Serve over Uncle Ben's rice with smoked sausage and hot sauce.

North Carolina Chopped Barbecued Pork

- 1–1/2 pounds Pork shoulder roast
- 1/2 teaspoon Salt
- 1/2 teaspoon Celery seed
- 1/8 teaspoon Cinnamon, ground
- 1/8 cup Vinegar, cider
- 1/4 cup Catsup
- 1/4 teaspoon Chili powder
- 1/4 teaspoon Nutmeg, ground
- 1/4 teaspoon Sugar
- 1/2 cup Water
- Vinegar, cider, to taste
- Sauce, Tabasco, to taste

Brown roast in a small amount of fat and place in a Dutch oven. Mix the next 9 ingredients in a saucepan and bring to a boil. Pour over roast and cover. Bake in a preheated 325^ oven, 40 minutes to the pound, until done, basting occasionally with drippings. Transfer roast to a chopping board. Remove meat from the bone and chop into fairly fine pieces. Season to taste with additional vinegar and hot sauce. Serve hot with coleslaw and corn bread.

Norwegian Meatballs In Sauce

- 1–1/2 pounds extra lean ground beef
- 1/2 pound extra lean ground pork
- 1 egg
- 1 cup mashed potatoes
- 1/2 cup milk
- 2 teaspoons seasoning salt
- 1/4 teaspoon ground cloves
- 1/4 teaspoon allspice
- 1/4 teaspoon ground ginger
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg
- 1/2 teaspoon brown sugar
- 1/2 teaspoon brown sugar
- 1 cup beef broth
- 1/2 cup heavy cream
- 1/2 cup chopped parsley

Throughly combine all ingredients except flour, beef broth, heavy cream and chopped parsley. Blend well and shape into about twenty four 1 1/2 meatballs. Roll lightly in flour. Place on rack of broiler pan in preheated 400 oven for 20 minutes. Drain Before serving, carefully remove meatballs to warm platter. Stir heavy cream into broth in Crock pot; mix until smoth pour sauce over meatballs, then sprinkle with the chopped parsley.

Orange Cinnamon Chicken

- 1 chicken, cut into serving pie
- 1 cup chicken broth, homemade or canned
- 1/4 pound butter
- 2 cups orange juice
- 1 cup raisins
- salt and fresh black pepper to taste
- 1/4 teaspoon cinnamon
- 2 tablespoons flour

Heat butter in large skillet, and brown chicken. Remove chicken pieces to slow cooker as they brown. Combine all other ingredients, except flour, mix well and pour over chicken. Cover pot, turn on LOW and cook 4–6 hours, or until chicken is tender. Remove 1 cup of sauce from the pot and combine with flour, mixing well. Return sauce – flour mixture to pot. Turn pot on HIGH, and cook additional half hour.

Orange Glazed Chicken Breasts

- 6 Ounce Orange Juice, Frozen Concentrate, undiluted
- 1/2 Teaspoon Dried Marjoram
- 6 Skinless boneless chicken breasts, excess fat removed
- 1/4 Cup Water
- 2 Tablespoon Cornstarch

Combine thawed orange juice and marjoram in shallow dish. Dip each breast in orange juice mixture and put in Crockpot. Pour remaining sauce over breasts. Cover; cook on Low 7 – 9 hrs (HIgh: 4 – 5 hrs).

Orange Marmalade

- 4 large navel oranges, (4 to 5)
- (about 3–1/2 to 4 lbs. total)
- 2 1/2 cups granualted sugar
- 1 cup water

Trim off the stem and navel ends of each orange, cut it in half and slice either by hand or in the food processor fitted with the 4mm blade into 1/8" slices. Place oranges, sugar and water in the crock pot. Try to push the oranges down so they are cove red as much as possible (don't leave nay clinging to the sides). Cover and set on high (or 'on' if no high setting) and cook for 8 hours. Remove the cover and set to low (or 'on') and cook uncovered for another 2–3 hours until the syrup is thick. Spoon into jars and refrigerate. Makes about 4 cups.

Osso Buco

- 4 Veal or lamb shanks
- Well seasoned flour
- 1 Clove garlic, minced
- 3 tablespoons Olive oil
- 1 cup Beef broth
- 1/4 cup Dry white wine
- 2 tablespoons Tomato paste
- Rind of 1 lemon, cut into
- 3 small Carrots, finely diced
- 1 tablespoon Parsley, chopped
- 1/4 teaspoon Dried marjoram, crushed
- 1/4 teaspoon Dried oregano, crushed
- 1/8 teaspoon Dried sage, crushed

Roll shanks in flour; brown with garlic in hot oil in skillet. Add remaining ingredients to crockpot. Stir to mix. Add shanks. Cover pot and cook on LOW for 10 to 12 hours until shanks are tender. Garnish with parsley. Serve with pasta.

Paprika Chicken

- 1 – 4 Pound chicken, cut up (4 to 5)
- 1 cup Canned tomatoes
- 1 Green pepper, chopped
- 1 small Onion, sliced
- 2 tablespoons Paprika
- 1 Clove garlic, minced
- 1 teaspoon Salt
- 1/4 teaspoon Pepper
- 1/4 teaspoon Oregano
- 1/4 cup All–purpose flour
- 1 cup Sour cream

Put 1 1/2 cups water and all ingredients except flour and sour cream into crockpot. Stir to blend. Cover pot and cook on LOW for 9 to 10 hours until chicken is tender. Remove chicken pieces from cooker. Skim off fat. Turn control to HIGH. Blend flour with 1/4 cup cooled juices fromm crockpot. Mix into liquid in cooker. Stir until thickened. Blend in sour cream. Return chicken to pot. Heat through, but do not boil. Serve with noodles.

Paprikosh

- 2 pounds beef, cubed
- 5 large carrots, cubed
- 8 large potatoes, cubed
- 2 large onions, sliced thin
- 3 tablespoons paprika
- salt & pepper to taste

Throw all ingredients into the crockpot, add water to top veggies (it makes a sort of "gravy") and cook on high for 4 hours.

Pasta With Lentils And Chard

- 12 Ounces Swiss Chard
- 1 Cup Lentils, rinsed and drained
- 1 Medium Onion, finely chopped
- 2 Cloves Garlic, minced or pressed
- 1 Teaspoon Cumin Seeds, coarsely crushed
- 1/2 Teaspoon Crushed Red Pepper Flakes
- 1/8 Teaspoon Coarse Ground Black Pepper
- 2 Cups Water
- 12 Ounces Dry Linguine
- Salt
- 6 Ounces Neufchatel Cheese, room temperature
- Grated Parmesan Cheese, optional

Rinse and drain chard well. Trim off coarse stem ends; then cut stems crosswise into 1/4–inch–wide strips and set aside. Cover chard leaves and refrigerate. In a 3–quart or larger electric cooker, combine chard stems, lentils, onion, garlic, cumin seeds, red pepper flakes, and black pepper. Pour in water. Cover and cook at low setting until lentils are tender when mashed with a fork (6 to 7 hours). Cut chard leaves crosswise into 1/2–inch–wide strips; stir into cooker. Increase heat setting to high; cover and cook until chard is wilted and bright green (about 15 minutes more). Meanwhile, in a 5– to 6–quart pan, cook linguine in 3 quarts boiling water just until tender to bite (10 to 12 minutes); or cook according to package directions. Drain well; pour into a warm wide 4–quart bowl. Season lentil sauce to taste with salt. Add lentil sauce and Neufchatel cheese to linquine; mix lightly to coat well. Offer Parmesan cheese to add taste, if desired.

Paupiettes De Boeuf

- 2 tablespoons Butter, margarine
- 2 Onions, medium, peeled and
- Minced finely
- 1/2 pound Mushrooms; fresh, minced
- 1 tablespoon Lemon rind, grated
- 2 tablespoons Bread crumbs, unflavored
- 1/2 cup Parsley; fresh, minced
- 1 teaspoon Salt
- 1/4 teaspoon Pepper
- 2 Eggs, slightly beaten
- 1 pound Bottom round of beef, cut into 16 thin slices, 4" square
- Salt,pepper,thyme–grnd, flour
- 4 tablespoons Butter or margarine
- 1 cup Water, warm
- 2 Garlic cloves; medium
- Peeled and crushed
- 2 tablespoons Mustard;White Dijon, prepared

To Cook: In a heavy skillet, over medium–low heat, melt 2 tablespoons of butter and saute the onion and mushrooms until the onion is translucent. Stir in the lemon rind, bread crumbs, parsley, 1 teaspoon salt, and 1/4 teaspoon pepper. When the parsley has wilted ~ about 1 minute after you add it to the skillet – quickly stir in the eggs to bind the mixture and remove skillet from the heat at once. Set aside. With a rolling pin or a wooden mallet, flatten the beef pieces until each is very thin and about twice its original size. As you finish each piece, season it with a little salt, pepper, and a pinch of thyme. At the widest end of each beef slice, place 1 teaspoon of bread–crumb mixture from the skillet. Roll up the meat, sausage–shape, and secure it with a wooden toothpick through the center. Roll each piece in flour. In a very large skillet, over medium– high heat, melt 4 tablespoons of butter and brown the pieces of beef. As you finish, place them in the slow–cooker. Pour the water into the skillet; scrape up the pan juices and turn the sauce into the cooker. Cover and cook on Low for about 5 hours. Before serving: About half an hour before serving, mix the garlic and mustard into the sauce around the beef; cover; turn the heat to High, and cook for 30 minutes. If the sauce seems less flavorful than you like, about 5 minutes before serving add a dab of prepared mustard and a little salt. If the sauce seems thin, leave the cover off during the second cooking period.

Peanut Stuffed Chicken Breast

- 12 Chicken breasts, boned
- 1/2 cup Peanut butter
- 1/8 cup Honey
- 1 teaspoon Cumin
- 1 tablespoon Mint, dried
- 1 package G. Washington's Golden, bouillon mix

Bone chicken breasts if needed, keeping meat as nearly intact as possible. (It's much easier to rip the meat off the bones than any knifework I've tried to date.) Pull off shreds and gobbets. Put peanut butter, honey, cumin and mint in a bowl and mix well. Microwaving for 30 seconds or so thins it and makes it much easier to mix. Spread about 2 tsp of the peanut butter mix in a thin layer over each piece of breast meat. Place 1/12 of the shreds and gobbets on the breast and roll them up into a packet. Tie the packet shut with butcher's twine or fasten with a toothpick. Arrange the twelve packets in layers in the crock pot, being careful not to let any fall open. Stir water in to the bowl with any remaining peanut butter and mix well. Add the packet of bouillon and pour over the chicken packets. Add water as needed to cover packets to a depth of at least one inch. Turn crock pot on high for 5 or 6 hours. Remove packets from pot and let drain on a platter. All the chicken fat will have migrated to the top of the liquid, which I suspect would probably make a wonderful flavoring for soups and other dishes.

Peppercorn Pork

- 2 tablespoons Green peppercorns, drained
- 3 tablespoons Sweet–hot mustard
- 1 teaspoon Horseradish
- 1/2 teaspoon Lemon peel, grated
- 1/4 teaspoon salt
- 3 pounds Lean pork roast
- 1 cup Apple cider
- 1/4 cup cold water
- 3 tablespoons cornstarch
- 1 Apple (cut into thin wedges

In small bowl, combine peppercorns, mustard, horseradish, lemon peel and salt. Spread on top and sides of pork roast. Place metal rack in bottom of slow–cooker; pour in cider. Place coated pork roast on rack in slow–cooker. Cover and cook on LOW 9–10 hours. Then turn on HIGH. Remove pork and rack; cover and keep warm. In small bowl, combine water and cornstarch; stir until smooth. Add to drippings in pot. Cook on HIGH 20–30 minutes or until thickened, stirring occasionally. Slice roast; garnish with apple wedges. Serve pork with sauce.

Peppers & Steak

- 2 pounds Lean round steak
- 2 Green peppers, chopped
- 2 tablespoons Minced dried onion
- 1 cup Beef boullion
- 1/4 cup Soy sauce
- 1/2 teaspoon Ground ginger
- 1/2 teaspoon Garlic powder

Cut steak into serving size portions. Place half the steak in Crockpot. Arrange green peppers on steak. Place remaining steak on top. Mix remaining ingredients and pour over meat. cover and cook on Low setting for 8 to 10 hours, or high for 4 to 5 hours.

Perfect Rice Cooker

- 1 cup Rice
- Salt
- 2 cups Water
- Butter

Follow directions on rice package for proportion of rice to water. (Up to 4 cups raw rice may be prepared in crockpot – makes 10 cups cooked). Rub crockpot lightly with 1 tablespoon butter. Pour in rice, water and salt. Cover and cook on High 1 1/2 to 2 1/2 hours, stirring occasionally. NOTE: When turned off, crockpot will keep rice warm for serving for 2 to 3 hours! To "cook all day" (Low: 8 to 10 hours) use 2 to 3 cups long grain converted rice, 4 to 6 cups water or broth, 2 tablespoons butter. Salt to taste before serving.

Philipine Chicken

- 1 Cut up chicken
- 1 cup Water
- 1/2 cup Vinegar
- 1/4 cup Soy sauce
- 2 Cloves sliced garlic

Put all in crockpot; cook for 6 to 8 hours on low. Serve over rice.

Pineapple Chicken

- 3 Chicken breasts *
- Pepper
- Paprika
- 20 ounces Pineapple **
- 2 tablespoons Mustard, Dijon–style

* Chicken breasts should be split, skinned and boned. ** Pineapple should be drained, unsweetened tidbits. Arrange chicken in crockpot. Sprinkle with pepper and paprika. Mix pineapple and mustard together; pour over chicken. Cover and cook on LOW 7 to 9 hours (HIGH: 3 to 4 hours).

Pizza Stew

- 6 ounces Canadian Bacon, *
- 9 cups Tomato sauce
- 1–1/2 cups Water
- 12 tablespoons Onion, chopped
- 6 tablespoons Mushrooms pieces
- 6 tablespoons Black olives, pitted and chopped
- 6 tablespoons Celery, chopped
- 6 tablespoons Green pepper, chopped
- 6 dashes Each oregono, garlic powder
- Salt to taste
- 3 cups Elbow macaroni, cooked

Fry Canadian bacon; drain and cut away any fat. Heat Tomato sauce and water to a boil. Add bacon, vegetables, and seasonings. Cook until vegetables are tender. Add Macaroni: reheat.

Polish Sausage And Cabbage

- 1/2 each Cabbage head, course sliced
- 1 each Potato; small, peeled/diced
- 1 teaspoon Salt
- 1/2 teaspoon Caraway seed
- 1 each Large onion, cut 1" slices
- 1–1/2 pounds Polish sausage, cut 1" piece
- 14 ounces Chicken broth

Place sliced cabbage in crockpot. Toss with diced potato, salt and caraway seed. Add sliced onion and Polish sausage. Pour chicken broth over all; stir lightly. Cover and cook on Low setting for 8 to 10 hours (on HIGH setting for 2 to 4 hours). This dish is delicious served with mustard, horseradish and boiled new potatoes.

Pork Chops With Mushroom Sauce

- 10 small pork chops, thick
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/8 teaspoon sage
- 1 can cream of mushroom soup
- 1 tablespoon onion flakes, dried

Trim the excess fat from the chops and use it to grease a large skillet. Over high heat, brown each chop lightly on both sides. Salt and pepper each as it finishes and place it in the crockpot. Add the sage. Turn the soup (undiluted) and the onion flakes into the still hot skillet. Scrape the pan juices and turn them into the cooker. Cover and cook on Low for 8 to 10 hours.

Portuguese Garlic Chicken

- 1 medium Onion, thinly sliced
- 6 cloves Garlic, thinly sliced
- 2 medium Pear–shaped tomatoes, seeded and chopped
- 1/3 cup Chopped baked ham
- 1/2 cup Golden raisins
- 1 Chicken (3+lbs)
- 1/2 cup Port wine
- 1/4 cup Brandy
- 1 tablespoon Dijon mustard
- 2 tablespoons Tomato paste
- 1–1/2 tablespoons Cornstarch blended with
- 2 tablespoons Cold water
- 1 tablespoon Red wine vinegar
- Salt
- Parsley & tomato wedges

In a 4 quart or larger electric slow cooker, combine onion, garlic, tomatoes, ham and raisins. Reserve chicken neck and giblets for other use; rinse chicken inside and out and pat dry. Tuck wingtips under; tie drumsticks together, if desired. Place chicken on top of onion mixture. Mix port, brandy, mustard and tomato paste; pour over chicken. Cover; cook at low setting until meat near thighbone is very tender when pierced. (7 1/2–8 hrs). Carefully lift chicken to rack of a broiler pan. Broil 4–6 inches below heat until golden brown (about 5 minutes). Transfer to a warm platter; keep warm. Skim and discard fat from cooking liquid; blend in cornstarch mixture. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times until sauce is thickened (abouut 10 more minutes). Stir in vinegar; season to taste with salt. To serve, garnish chicken with parsley sprigs and tomato wedges. Carve bird; top with some of the sauce. Serve remaining sauce in a bowl to add to taste.

Pot Roast

- 2 pounds Roast
- 6 each Potato, halved (no need to
- 3 each Onion, peeled and quartered
- 4 each Carrots, cut into 2" length
- 1/2 cup Water

Put the veggies on the bottom and the meat on top. Season meat with salt and pepper. Pour water over all. Simmer all of the above on low all day. Sometimes I add an envelope of onion soup mix or a small can of whole tomatoes for a variation. The meat falls apart and is wonderful!

Pot Roast Of Beef

- 3 pounds Brisket, rump roast or pot (to 4 lb)
- 1 Onion, to 2, peeled & sliced
- 2 To 3 potatoes, peeled & sliced
- Carrots, 2–3 peeled & sliced
- 1/2 cup Water or consomme
- Salt and pepper to taste

Put vegetables in bottom of Crock pot. Salt and pepper meat, then put in pot. Add liquid. Cover and cook on low for 10–12 hours. (High 4–5 hours) Remove meat and vegetables with spatula.

GERMAN: Add 3–4 medium dill pickles and 1 tsp dill.
ITALIAN: Add 1 8 oz can tomato sauce, 1 ts oregano and 1 ts basil to basic recipe.
FRENCH: Omit carrots and potatoes. Add 1 cup finely sliced mushrooms (or 8 oz can), 1 lb small peeled onions and 1 cup red wine.
WITHOUT VEGETABLES: Season roast with salt, pepper and any other favorite seasonings. Add no liquid. Cook as directed.

Pot Roasted Pork

- Pork loin end roast, 4–5 lb
- Salt and pepper
- 1 Garlic clove, sliced
- 2 medium Onions, sliced
- 2 Bay leaves
- 1 Whole clove
- 1 cup Hot water
- 2 tablespoons Soy sauce

Rub pork roast with salt and pepper. Make tiny slits in meat and insert slivers of garlic. Place roast in broiler pan and broil 15 to 20 minutes to remove excess fat. Put 1 sliced onion in bottom of crock pot. Add browned pork roast and remaining onion and other ingredients. Cover and cook on low until done —about 10 hours. To thicken gravy; remove roast to serving platter. Blend 2 tbsp cornstarch with 2 tbsp cold water to form a smooth paste. Set on high and pour in paste. Stir well and let come to a boil – about 15 minutes til thickened.

Potato Slices With Cheese

- 2 pounds Potatoes
- 2 cups Cheese, shredded
- 1 cup Stock

Peel and thinly slice potatoes. In buttered crockpot, alternate layers of potatoes with cheese, lightly seasoning potatoes with salt, pepper and nutmeg as you go. Finish with cheese, dot with butter, and gently pour stock over all. Cover and bake 3 hours on High; remove cover and bake 15 minutes more. Serve from crockpot. These thin potato slices will have a crisp skin around the edges. Use this dish as a base for complete dinners by adding vegetables and meat or poultry.

Potato Soup For Crockpot

- 8 large Potatoes, cubed
- 2 medium Onions, chopped
- 2 tablespoons Margarine
- 2 Chicken boullion cubes
- 2 tablespoons Parsley, dry
- 6 cups Water
- 2 cups Milk
- 1/2 cup Flour, mixed with water

Place ingredients 1 through 6 in the crockpot and cook all day on low to medium . 1/2 hour to one hour before serving; add milk and flour mixture. After the so up starts to thicken, it is ready to serve. NOTE: Add 1/4 pound of Velveeta che ese for Cheese potato soup. : 1 can evaporated milk may be substituted for the regular milk.

Potato Stuffed Cabbage

- 1 head cabbage
- 5 pounds potatoes, peeled
- 2 onions
- 1/2 cup rice, raw
- 1 teaspoon dried dill weed
- 1/4 teaspoon black pepper, ground
- 2 egg whites
- 28 ounces tomatoes
- 1 apple, peeled and sliced
- 1/4 teaspoon ground ginger

Parboil cabbage and separate the leaves. Slice off part of the heavy stalk of each leaf by slicing parallel to the leaf (do not cut into the leaf). Grate potatoes, small inner leaves of cabbage, and one of the onions. Mix together. Add rice, dill, and black pepper. Beat egg whites until frothy and add to potato mixture. Set aside two or three of the largest leaves. Fill each remaining cabbage leaf with approximately 2 tablespoon of the potato mixture. Fold up bottom of leaf, then fold in the sides, and roll up. Secure with toothpick if necessary. Slice the reserved leaves and line the bottom of crock pot with them. Slice second onion and layer on top of cabbage. Add tomatoes, apple, and ginger. Place rolled stuffed cabbages into pot. Cook at low heat for 4 to 5 hours.

Potatoes Perfect

- 1/4 pound Bacon, diced
- 2 medium Onions, thinly sliced
- 4 medium Potatoes, thinly sliced
- 1/2 pound Cheddar cheese, thinly slice
- Salt and pepper
- Butter

Line crockpot with aluminum foil, leaving enough to overlap poatoes when finished. Layer half each of the bacon, onions, potatoes and cheese in crockpot. Season to taste and dot with butter. Repeat layers of bacon, onions, potatoes and cheese. Dot with butter. Overlap with remaining foil. Cover and cook on low setting for 10 to 12 hours.

Quick Onion Pot Roast

- 1 envelope onion soup mix
- 3 pounds roast, trimmed, trim off any fat
- 3 tablespoons flour

Mix flour in 3 tablespoon water, to a paste. This roast needs no prior browning. Meat brown in the slow cooker and forms a brown gravy. Prepare vegetables separately. Sprinkle onion soup over the bottom of the crock pot. Add pot roast. Cover and cook on LOW about 10 hrs. or 5 hrs. on HIGH. Pour accumulated juices into a saucepan; skim off fat. Add flour–water paste and bring to the boil, stirring constantly until thickened. Serve over sliced meat.

Round Steak Casserole

- 2 pounds Round steak, cut
- 1/2 Inch thick
- Garlic salt, salt, pepper
- 1 Onion, thinly sliced
- 3 To 4 potatoes, peeled and Quartered (optional)
- 1–1/2 cups Beef broth
- 1 can Green beans, drained
- 1 can Tomato soup
- 1 can Tomatoes

Season round steak lightly with garlic salt, salt, and pepper. Cut into serving pieces and place in CROCK–POT with sliced onion which has been separated into rings. Add potatoes and green beans. Top with tomato soup and tomatoes. Cover and cook on Low 8 hours. Remove cover during last half–hour if too much liquid.

Saltimbocca–Style Chicken

- 6 chicken filets
- 6 Ham
- 6 Cheese
- 1/4 cup Flour
- 1/4 cup Parmesan cheese
- 1 teaspoon Salt
- 1 teaspoon Sage
- 1/4 teaspoon Pepper
- 1/3 cup Salad oil
- 1 can Cream of chicken soup
- 1/2 cup Dry white wine

Pound chicken filet thin between waxed paper. Place slice of ham, them cheese on each chicken. Roll up and tuck ends, secure with toothpick. Dip chicken in mix of flour,cheese,salt,sage and pepper. Save mix. Chill chicken for at least one hour. In lagre skillet heat oil and saute chicken on all sides. Place browned chicken in slow cooker, add soup mix mixed with wine. Cover and cook on LOW 4–5 hours. Put control on HIGH, and thicken with flour dissolved in small amount of water. Cook on High 10 minutes.

Savory Swiss Steak

- 1–1/2 pounds Round steak
- 1/4 cup Flour
- 2 teaspoons Dry mustard
- 1 teaspoon Salt
- 1/4 teaspoon Pepper
- 2 tablespoons Butter
- 2 tablespoons Oil
- 1 Onion, finely chopped
- 2 Carrots, peeled and grated
- 2 Stalks celery, finely chopped
- 1 can (16 oz) tomatoes
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Brown sugar

Cut steak into 6 serving–size portions. Coat with a mixture of flour, mustard, salt and pepper. Using a large frying pan, brown meat in half the butter and oil. Transfer to crockpot. Heat remaining butter and oil in frying pan. Saute onions, carrots and celery until glazed. Add tomatoes, Worcestershire and brown sugar. Heat, scraping up drippings. Pour over meat. Cover. Cook on low, 6 to 8 hours, or until tender. Serve meat with sauce spooned over. Sprinkle with parsley.

Sherried Beef

- 3 Pounds Chuck or round steak, cubed
- 2 Cans Cream of mushroom soup
- 1 Package Onion soup mix
- 1/2 Cup Sherry
- 2 Cans Mushrooms OR use fresh

Place all ingredients into a crock pot. Do not stir. Let cook all day on low. This is a good make ahead dish, especially for working people. It tastes really good. Serve with rice or buttered noodles.

Sloppy Joes

- 3 pounds Ground beef
- 2 tablespoons Shortening
- 1 cup Onion, chopped
- 1 cup Celery, diced
- 1 each Green pepper, chopped
- 1 each Garlic clove;lg, minced
- 2 tablespoons Worcestershire sauce
- 1 cup Catsup
- 3 each Beef bouillon cubes, crushed
- 1/2 teaspoon Paprika
- 1/4 teaspoon Pepper
- 1 can Tomato paste, 6 0z.
- 1 1/4 cups Water
- 3 tablespoons Vinegar
- 3 teaspoons Brown sugar
- 1 teaspoon Dry mustard

Heat shortening in skillet and brown meat, discard fat. Combine all ingredients in removable liner, stirring well. Place liner in base. Cover and cook on low 6–8 hours; or high 3–4 hours; or auto 5 hours. Serve over warmed burger buns or noodles.

Slow Cook Spanish Rice

- 2 pounds Ground chuck Or beef
- 2 medium Onions, chopped
- 2 Green peppers, chopped
- 28 ounces Tomatoes
- 8 ounces Tomato sauce
- 1 cup Water
- 2 1/2 teaspoons Chili powder
- 2 1/2 teaspoons Salt
- 2 teaspoons Worcestershire
- Sauce
- 1 cup Raw rice (converted)

Brown beef in skillet and drain off fat. Put all ingredients in CROCK–POT. Stir thoroughly. Cover and cook on Low 6 to 8 hours. (High: 3 hours).

Slow Cooker Daube Of Beef

- 5 Shallots, thinly sliced
- 4 cloves Garlic, minced
- 2 medium Carrots, 1/4"slices
- 1/3 cup Baked ham, chopped
- 1 Strip orange peel(1/2"x3")
- 1 Dry bay leaf
- 2 3/4 pounds Lean, boneless beef chuck, 1 1/2"cubes
- 1/4 cup All–purpose flour
- 1/4 teaspoon Each peppercorns, thyme
- 1/8 teaspoon Ground cloves
- 1/2 teaspoon Dry sage
- 2 tablespoons Balsamic vinegar
- 3/4 cup Dry red wine or beef broth
- 1/4 cup Brandy (optional)
- 2 tablespoons Flour blended w/ 2 Tablespoon butter
- Salt
- Chopped parsley

In a 3 quart or larger electric slow cooker, combine shallots, garlic, carrots, ham, orange peel and bay leaf. Coata beef cubes with the 1/4 cup flour; add to the cooker. Sprinkle with peppercorns, thyme, cloves and sage. Drizzle with vinegar; pour in wine and brandy (if used). Cover; cook at low setting until beef is very tender when pierced (8–9 hrs). Remove and discard bay leaf and orange peel from stew, then blend in flour–butter mixture. Increase cooker heat setting to high; cover and cook, stirring 2 or 3 times, until sauce is thickened (about 20 more minutes). Season to taste with salt. Sprinkle with parsley. Makes 8–10 servings.

Slow Cooker Deviled Beef

- 2 pounds lean beef, in 1–inch cubes
- 1 envelope sloppy joe seasoning mix
- 6 ounces tomato paste
- 1 cup celery, coarsely sliced
- 1 green pepper, cut in squares
- 1/2 cup water
- 2 tablespoons vinegar

Place all ingredients in crockpot. Stir to mix. Cover and cook about 10 hours on low or 4 1/2 to 5 hours on high. Don't peek or stir till near the end of cooking time. Serve beef with hot cooked noodles or rice. (This can also be cooked in a covered 2–quart casserole for 2 to 2 1/2 hours in a 325–degree oven.)

Slow Cooker Pot Roast

- 3 pounds Chuck Roast
- 1–1/2 Onions, chopped
- 2 Garlic cloves – minced
- 16 ounces Can stewed tomatoes
- 1 tablespoon Worcestershire sauce
- 2 tablespoons Oil
- Coarsely ground pepper
- Flour to cover the roast
- Salt
- 8 ounces Water (1/2 can)

Saute onion & garlic with oil in the
cooking pot till transparent. Season the roast with Salt & Pepper and then dredge (lightly) in flour. Brown roast (on top of the onions & garlic) in the cook–pot on both sides (10 min). Transfer to the slow cooker, add the stewed tomatoes, water and Worcestershire sauce. Cooked on setting 4 (of 5) for about 5 hrs. When done, puree the remaining tomatoes, juices & onions, return to pan, add thickener for gravy.

Slow Porridge

- 5 cups Water
- 1 cup Oatmeal, * see note
- 1/2 cup Dried fruit
- 1 dash Ground nutmeg
- 1 dash Ground mace
- 1 dash Ground cinnamon

Place water, cereal, and dried fruit in slow cooker.
Stir. Cook on low for 8 – 10 hours. The mixture should be like a thick soup, so do not add milk at the table. HELPFUL HINTS: Each slow cooker is a little different from the others, so you may have to adjust the amount of water needed. For added flavor sprinkle a bit of nutmeg, mace or cinnamon, in any combination. * Try brown rice, barley, rye berries, whole oats, or wheat berries. Cracked grains, such as oatmeal or cracked wheat, may get too mushy for some tastes.

Slow Simmered Pork Roast

- 2 1/4 pounds Pork (boneless pork butt)
- 3 Green onions, cut in slivers
- 1 teaspoon Ginger; fresh, cut julienne
- 2 Star anise, whole
- 2 tablespoons Soybean condiment (mein see)
- 2 tablespoons Soy sauce, light
- 2 teaspoons Brown sugar
- 1 cup Rice wine
- 2 Garlic cloves, sliced thin
- 1/2 teaspoon White pepper, ground
- 2 cups Water (more may be needed)

Mix together all the ingredients except the pork. Place the meat in an ovenproof casserole just large enough to hold it. A crockpot may be used. Pour the sauce over the top, cover the dish and bake at 275 degrees from 5 to 8 hours, depending on your taste.

Slow–Cooked Pepper Steak

- 1–1/2 To 2 lbs. beef round steak
- 2 tablespoons Cooking oil
- 1/4 cup Soy sauce
- 1 cup Chopped onion
- 1 Clove garlic, minced
- 1 teaspoon Sugar
- 1/2 teaspoon Salt
- 1/4 teaspoon Pepper
- 1/4 teaspoon Ground ginger
- 4 Tomatoes, cut into eighths
- 16 ounces Can tomatoes w/ liquid, cut
- 2 large Green peppers, cut into
- 1/2 cup Cold water
- 1 tablespoon Cornstarch

Cooked noodles or rice Cut beef into 3x1" strips;
brown in oil in skillet. Transfer to a slow cooker. Combine the next seven ingredients; pour over beef. Cover and cook on low for 5–6 hours or until meat is tender. Add tomatoes and green peppers; cook on low for 1 hour longer. Combine the cold water and cornstarch to make a paste; stir into liquid in slow cooker and cook on high until thickened. Serve over noodles or rice.

Slow–Poke Jambalaya

- 1 Bell pepper, chopped
- 1 Onion, chopped
- 2 Medium tomatoes, chopped
- 1 cup Chopped celery
- 1 Clove garlic, crushed
- 2 tablespoons Minced parsley
- 2 teaspoons Chopped thyme leaves
- 2 teaspoons Oregano leaves, chopped
- 1/8 teaspoon Cayenne
- 1/2 teaspoon Salt
- 4 ounces Smoked sausage, chopped
- 8 ounces Chicken breast, chopped
- 2 cups Beef broth or bouillon
- 1/2 pound Cooked shelled shrimp
- 1 cup Cooked rice

Shell shrimp, halve lengthwise. In slow cooker,combine all ingred. except shrimp & rice. Cover & cook on low 9–10 hours. Turn slow cooker on high, add cooked shrimp & cooked rice. Cover; cook on high 20–30 minutes.

Smothered Chicken

1 Chicken, cut up, OR 4 Boneless chicken breasts, cut up
1 can Cream of mushroom soup
1 can Cream of chicken soup
1 large Onion, sliced
1 can French onion soup
Garlic, fresh or powder, to taste
1 package Fresh mushrooms, sliced
Poultry seasoning, to taste

Add all ingredients to crock pot, cover and simmer on LOW for at least 5 to 6 hours, but can cook all day if that's easier for your schedule. You can also add any veggies you like. Just serve over rice, potatoes cooked any way you like, noodles, biscuits, or over papovers is great. Can be frozen and reheated. You can double or triple recipe if you need to and then freeze in dinner size portions too. This can also be cooked on the stove. Just cook everything in a large Dutch oven for about 1 hour.

Spaghetti With Meat Sauce

- 2 pounds Ground beef
- 4 each Tomatoes, canned
- 4 each Medium Carrot, cut in chunks
- 4 each Medium Onions, quartered
- 4 each Garlic cloves, minced
- 2 each Tomato paste, canned
- 1/4 cup Parsley, snipped
- 2 each Bay leaf
- 2 tablespoons Sugar
- 2 teaspoons Basil, crushed
- 1–1/2 teaspoons Salt
- 1 teaspoon Oregano, dried, crushed
- 1 dash Pepper
- 1/4 cup Cold water
- 1/4 cup Corn starch
- Hot cooked spaghetti
- Grated parmesan cheese

In skillet brown the ground beef; drain off excess fat.
Transfer meat to a crockery cooker. In blender
container place one can of tomatoes, undrained. Add the onion, carrot and garlic. Cover and blend till chopped; stir into meat in cooker. Cut up the remaining can of tomatoes but do not drain; stir into meat mixture with tomato paste, parsley, bay leaf, sugar, basil, salt, oregano, and pepper.
Mix well. Cover and cook on low heat setting for 8–10 hours. To serve, turn to high–heat setting. Remove bay leaf. Cover and heat till bubbly, 10 minutes. Blend cold water slowly into cornstarch; stir into tomato mixture. Cover and cook 10 minutes longer. Spoon over the spaghetti. Pass the Parmesan cheese to sprinkle.

Spanish Chicken

- 3 pounds Chicken parts, (skinless is best)
- Salt, pepper & paprika
- taste
- Garlic salt (optional)
- 1 can 6 oz–tomato paste
- 3/4 cup Beer (or white wine)
- 3/4 cup salad olives with liquid

Season washed and cut up chicken with salt, pepper, paprika and garlic salt, if desired. Place in Crock–Pot. Mix tomato paste and beer together and pour over chicken. Add olives. Cover and cook on Low 7 to 9 hours. Serve over rice or noodles. This recipe may be doubled for the 5–quart Crock–Pot.

Spanish Pork Stew With Potatoes

- 4 medium Potatoes
- 1 pound Tomatoes
- 1 Bell peppers
- 2 tablespoons Vinegar
- 1 pound Pork shoulder butt
- 3 Garlic cloves, crushed
- 1 pound Pork shoulder butt
- 1 cup Stock
- 1 Bay leaves
- 1 medium Onions, chopped

Cut pork into large chunks. Coarsely chop tomatoes. Peel potatoes and cut into thick chunks. Seed, core, and thinly slice bell pepper. Brown pork in 2 tb oil if desired. Layer ingredients in crockpot in order; cook until meat is tender, about 10 hours. Stovetop preparation: Heat oil in Dutch oven over medium heat. Add pork and saute a few minutes, until lightly browned. Add garlic and saute well. Add onion and saute until tender. Add tomatoes and cook 5 minutes. Att water, vinegar, and bay leaf. Salt and pepper to taste. Bring to boil. Cover and simmer until pork is almost tender, about 40 minutes. Stir in green pepper. Add potatoes around sides and simmer, covered, until tender, about 15 minutes. Avoid stirring or overcooking potatoes.

Spareribs – Cabbage 'n Kraut

- Pork spare ribs (3–4 lb), cut in serving piece
- Salt and pepper
- 1 can Sauerkraut (small)
- 1/2 small Cabbage, thinly sliced
- 1 large Onion, thinly sliced
- 1 Apple, quartered, cored and
- 1 teaspoon Caraway seeds or 1 teaspoon Dill
- 1 cup Water
- 1 teaspoon Salt

Sprinkle spareribs with salt and pepper. Brown ribs for 30 minutes in a heavy skillet or broiler pan. Put alternate layers of spare ribs, sauerkraut, cabbage, onion and apple in crock pot. Add caraway seeds or dill to water and pour over all. Cover and set to low for 6–8 hours. (High 4–5 hours). Stir several times during cooking when using high only. Note: May be prepared using all sauerkraut or all cabbage if desired.

Spicy Cajun Style Buffalo Wings

- 3 pounds Chicken Wings*
- 1 Bottle Kraft Spicy BBQ**
- 1–1/2 teaspoons Red Cayenne Pepper
- 1/4 teaspoon Salt
- 2 teaspoons Black Pepper
- 1/2 teaspoon Garlic flakes, minced
- 1 teaspoon Onion flakes, minced
- 3 tablespoons Worcestershire Sauce
- 2 tablespoons Green Dragon or Jalapeno Sau
- 1 tablespoon Tabasco Sauce
- 1 tablespoon Cajun Spice***

*Chicken wings or small chicken legs; more wings or legs can be added if needed. **Kraft BBQ or K.C. Style sauce. ***Cajun Spice or Capt. Link's Cajun seasoning. In a Crockpot; add chicken BBq Sauce, and all spices. Stir and heat on low for 4 hours. To serve, I suggest you prepare a Cajun Rice Recipe, and after the Buffalo Wings are cooked, prepare the Rice, pour the Rice into a container or casserole dish, spread out evenly.

Spicy Rice Meatballs

- 1 Egg
- 1/2 teaspoon Salt
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon Pepper
- 1 clove Garlic, minced
- 1/4 cup Finely chopped onion
- 1 pound Extra lean ground beef
- 8 ounces Ground veal (or turkey)
- 1/2 cup Long grain white rice
- 1/2 cup Fine dry bread crumbs
- 1 large Can tomato sauce (15 oz)
- 1/2 cup Tomato juice
- 1 teaspoon Chili powder
- 1 small Can diced green chiles (4oz)

In a large bowl, beat eggs with salt, herb seasoning and pepper. Add garlic, onion, beef, veal, rice and crumbs; mix well. Shape mixture into 1 1/2 inch balls. Place meatballs in a 5 quart or larger electric slow cooker. In same bowl, mix tomato suace, tomato juice, chili powder and chiles; our over meatballs. Cover and cook at low setting until meatballs are no longer pink in center and rice is tender; cut a meatball to test (5 1/2–6 hrs). Gently lift meatballs to a warm serving dish and keep warm. Skim and discard fat from sauce, if necessary; Stir then spoon over meatballs.

Spinach–Squash Crockpot Soup

- 1 package Frozen spinich
- 1 small Yellow squash, diced
- 1/2 small Onion, minced
- 2 Carrots, diced
- 4 Cloves garlic, minced
- 6 ounce can V8 juice
- 1/2 cup Navy beans
- 4 cups Water
- 1 teaspoon Salt

Place all in the crock and let it cook on high all day.

Steak Roulade

- 3 pounds Round steaks (thin)
- 1 teaspoon Salt
- 1 teaspoon Pepper
- 3/4 cup Onion, chopped
- 3/4 cup Bacon, chopped
- 1/4 cup Water

Trim fat off steaks. Season with salt and pepper. Mix onion and bacon, spread over each steak. Roll steaks (as you'd do for a jelly roll), tie rolls tightly in several places with a string. Put steaks into slow cooker. Add water. Cover pot. Cook on LOW for 8 hrs. If you want to serve this with gravy, remove meat when done, and thicken liquid with a mixture of flour and water and cook it in pot set at High for 15 minutes.

Steamed Brown Bread With Currants And Walnuts

- 1/2 cup All–purpose flour
- 1/2 cup Whole–wheat flour
- 1/2 cup Yellow cornmeal
- 3/4 teaspoon Ground cinnamon
- 1/2 teaspoon Baking soda
- 1/2 teaspoon Salt
- 1 cup Low–fat buttermilk
- 1/3 cup Molasses
- 1/2 cup Dried currants
- 2 tablespoons Chopped walnuts

Combine the first 6 ingredients in a large bowl, and make a well in center of mixture. Combine buttermilk and molasses; stir well. Add to flour mixture, stirring just until moistened. Fold in currants and walnuts. Spoon the mixture into a 13–ounce coffee can coated with cooking spray. Cover with aluminum foil coated with cooking spray; secure foil with a rubber band. Place the can in an electric slow cooker; add enough hot water to cooker to come halfway up sides of can. Cover with lid, and cook on high–heat setting for 2 hours and 50 minutes or until a wooden pick inserted in center comes out clean. Remove can from water. Let bread cool, covered, in can on a wire rack for 5 minutes. Remove bread from can and let cool completely on wire rack.

Stewed Rabbit

- 2 Rabbits, cut in pieces
- Salt
- Pepper
- 1 can Tomato sauce, 15 ozs.
- 1 can Tomatoes, 28 ozs.
- 1 medium Onion, chopped
- 1/4 teaspoon Rosemary, ground
- 1 cup Dry white wine

Salt and pepper rabbit pieces and place in removable liner. Add other ingredients. Place liner in base. Cover and cook on low 7–8 hours, Squirrel, woodchuck or muskrat may be substituted – or an old cat, if you happen to have one handy.

Sunshine Bean Casserole

- 2 cups Red beans (canned), drained
- 2 cups Lima beans (canned), drained
- 2 cups Garbanzo beans, (canned), drained
- 1 pound Beef, ground
- 1 large Onion, chopped fine
- 1 Garlic clove, minced
- 1/4 cup Brown sugar
- 2 tablespoons Mustard, prepared
- 1/2 cup Ketchup
- 1 teaspoon Cumin powder (optional)
- 1/4 cup Red wine
- Salt and pepper, to taste

Put drained beans into a 2 1/2–quart casserole; mix lightly and set aside. In large skillet cook ground beef, onions and garlic until meat is lightly browned; stir in remaining ingredients (except beans). Add skillet mixture to beans in casserole; mix together. Cover and bake for about an hour at 325 degrees F. or simmer the mixture in a crockpot for 3 to 4 hours.

Swedish Cabbage Rolls

- 12 Large Cabbage leaves
- 1 Pound Ground beef or turkey
- 1 Egg; beaten
- 1 Cup Rice; cooked
- 1/4 Cup Milk
- 8 Ounce Tomato sauce
- 1/4 Cup Onion; finely chopped
- 1 Tablespoon Brown sugar
- 1 Teaspoon Salt
- 1 Tablespoon Lemon juice
- 1/4 Teaspoon Pepper
- 1 Teaspoon Worcestershire sauce

Immerse cabbage in large kettle of boiling water until limp, drain. Combine egg, milk, onion, salt, pepper, beef and cooked rice. Place about 1/4C. meat mixture in center of cabbage leaf; fold in sides and roll ends over meat. Place in crockpot. Combine tomato sauce with brown sugar, lemon juice and worcestershire sauce. Pour over cabbage rolls. Cover and cook on low 7–9 hours.

Sweet & Sour Chicken

- 1 each Carrot, cut in pieces
- 1 each Green pepper, cut in pieces
- 1 each Onion, quartered
- 2 tablespoons Tapioca, quick–cooking
- 4 each chicken breast, cut
- 8 ounces pineapple chunks in juice, canned un
- 1/3 cup Dark brown sugar, firmly pa
- 1/3 cup Red wine vinegar
- 1 tablespoon Soy sauce
- 1 teaspoon Chicken bouillon, instant g
- 1/2 teaspoon Garlic powder
- 2 tablespoons ginger root, minced
- 1 teaspoon cilantro, dried
- Fresh cilantro
- Rice, hot cooked

For crockpot cooking –Put vegs.in bottom of crockpot. Sprinkle tapioca over vegetables. Place chicken atop vegs.Combine all other ingreds. Except rice in a small bowl. Pour over chicken. Cover crockpot and turn to low and cook for 8–10 hours. Before serving make rice. Serve over rice. Leftovers can be reheated in microwave.

Sweet And Sour Pork

- 3 pounds Pork; boneless, 2' strips
- 3 teaspoons Paprika
- 2 tablespoons Shortening
- 2 Small Onions, thin slice
- 2 Green peppers, cut in strips
- 2 tablespoons Brown sugar
- 6 tablespoons Dry milk
- 3 tablespoons Cornstarch
- 2 Chicken bou'ln cubes, crush
- 2 cans Pineapple chunks, 13 1/2 oz. drain, reserve syrup
- 1/2 cup Vinegar
- 1–1/2 tablespoons Soy sauce
- 1–1/2 tablespoons Worcestershire sauce

Sprinkle pork pieces with paprika. Heat shortening in skillet. Saute pork and discard fat. Place meat in removable liner. Add onion and pepper. Combine next four ingredients in bowl then add vinegar, soy sauce, Worcestershire sauce and 1 1/3 cup pineapple liquid. (Add water if necessary.) Pour entire mixture into removable liner. Place liner in base. Cover and cook on low 8–9 hours, high 4–5 hours or auto 6 hours. During last 1/2 hour, add pineapple. Serve over rice.

Sweet–And–Spicy Garbanzo Stew

- 1 cup Garbanzo beans
- 7 cups Water
- 1 Onion, coarsely chopped
- 2 Yams or sweet potatoes, chunked
- 1 Carrot, sliced
- 1 Celery stalk, sliced
- 1 Leek, sliced
- 2 cups Broccoli pieces
- 1 tablespoon Lemon juice
- 1 tablespoon Soy sauce
- 1 teaspoon Ground coriander
- 1/2 teaspoon Ground cumin
- 2 teaspoons Pure prepared horseradish
- 1/8 teaspoon Hot pepper sauce
- dash of Cayenne pepper (opt)

Place beans and water in a large pot. Soak overnight. Bring to a boil, cover, reduce heat, and cook until tender, about 2 to 3 hours. Add onion, yams, carrot, celery, and leek. Cook for 30 minutes. Add remaining ingredients. Cook an additional 30 minutes. Serving Suggestions: Pour into individual bowls or over any whole grain. Also good as a topping for potatoes or whole–wheat bread. Helpful Hint: This dish can easily be made in a slow cooker. Add all ingredients at once and cook on the high heat setting for 8 to 10 hours. Be sure to soak the beans overnight before you begin.

Sweet–Sour Franks

- 1 cup Chili sauce
- 1 cup Currant jelly
- 3 tablespoons Lemon juice
- 1 tablespoon Mustard, prepared
- 2 pounds Hot dogs, or cocktail franks
- 2 cans Pineapple chunks, 27 ozs.

Combine first four ingredients in removable liner; mix well to break up jelly chunks. Place liner in base. Cover and cook on high 15 to 20 minutes to soften jelly and blend sauce ingredients. Cut hot dogs in bite–size pieces and add. Add pineapple. Cover and cook on high for 2 hours; or low for 4 hours. Set control to low to maintain temperature while serving.

Swiss Steak

- 1–1/2 lbs round steak, 3/4" thick
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium onion, sliced
- 1 carrot, chopped
- 1 rib celery, chopped
- 1 can tomato sauce (15 oz)

Cut round steak into serving pieces. Season flour with salt and pepper. Dredge meat in seasoned flour. Put onions in the bottom of Crock–Pot; add meat. Top with carrots and celery and cover with tomato sauce. Cover; cook on low 8 to 10 hours. (high: 3 to 5 hours)

Tangy Red Bulgar

- 1 tablespoon olive oil, or vegetable oil
- 1 cup red and green bell peppers, chopped
- 1 cup zucchini or yellow squash, chopped
- 2 1/4 cups Bloody Mary mix, or vegetable juice
- 1 cup bulgur wheat
- 1 tablespoon lemon juice
- 1 teaspoon basil, or 1 tbl fresh
- 1/3 cup green onions, chopped

Toss all ingredients except the basil and green onions in crockpot and cook on low for 8 hours, adding the basil after 7.5 hours, and garnishing with green onions just before serving.

Three Bean Bake

- 16 ounces Can Great Northern Beans, undrained
- 16 ounces Can Chili beans, undrained
  in Mexican section, of store)

- 16 ounces Can Kidney Beans, drained
- 1/3 cup Ketchup
- 1/3 cup Firmly packed brown sugar
- 1/2 teaspoon Powered ginger

Combine all ingredients, mix well.
Cover – cook on High setting for 2 hours. If thicker
juice is wanted, remove cover, cook 1 hour longer, stirring occasionally.

Tomato And Rice Casserole

- 4 teaspoons Butter
- 1/2 cup Uncooked Rice
- 1 cup Liquid from canned tomatoes
- 1 3/4 cups Canned tomatoes, drained
- 2 teaspoons Chopped parsley
- 1–1/2 teaspoons Salt
- 1/2 teaspoon Pepper
- 4 tablespoons Grated Parmesan cheese
- Chopped chives

1. Saute the rice in the butter in a fry pan until the rice is golden brown. Put into the crock pot. 2. Pour the tomato liquid, tomatoes, parsley, salt and pepper into the crock pot and mix well. 3. Cover and cook on low setting for six to eight hours. 4. Sprinkle with Parmesan cheese and chopped chives before serving.

Turkey Ranchero

- 4 Turkey thighs
- 1 package Enchilada sauce mix
- 6 ounces Tomato paste
- 1/4 cup Water
- 4 ounces Monterey Jack, grated
- 1/3 cup Lowfat yogurt or sour cream
- 1/4 cup Green onions, sliced
- 1–1/2 cups Corn chips, crushed

With sharp knife, cut each thigh in half; remove bone and skin. Place in crockpot. Combine enchilada sauce mix with tomato paste and water. Mixture will be thick. Spread on thighs. Cover; cook on LOW 7 to 8 hours or until tender. Turn pot on HIGH. Add cheese; stir until melted. Spoon into an au gratin dish or shallow casserole. Spoon yogurt over turkey. Sprinkle with onions. Top with corn chips.

Waldorf Astoria Stew

- 2 pounds beef – Sirloin, cut up (raw)
- 2 cups potatoes, cut in lg. pieces
- 2 cups carrots, cut in lg. pieces
- 2 cups celery, cut in lg. pieces
- 1 bag frozen onions (small)
- 1 slice white bread, cut up
- 1 (16 oz.) can whole tomatoes (and juice)
- 2 tablespoons dry minced onion
- 3 tablespoons quick cooking tapioca
- 1 tablespoon sugar
- 1 can tomato soup
- Salt to taste
- Pepper to taste

Place all in large crock pot. Cover and cook at low setting for 5 hours. Do not stir. Makes 6 to 8 servings. Add additional vegetables; whatever your family likes.

Wine Simmered Pork Chops With Walnuts

1 medium Onion, thinly sliced
2 cloves Garlic, minced
1/4 cup Finely chopped parsley
4 Center cut loin pork chops, 2 lbs total; trimmed
Fresh ground pepper
2 tablespoons All purpose flour
1/3 cup Dry red wine or beef broth
1/2 cup Coarsely chopped walnuts
Salt

Ina 4 quart or larger electricd slow cooker, combine onion, garlaic and 3 tbsp. of the parsley. Sprinkle pork chops with pepper, dust with flour, and arrange over onion mixture, overlapping slightly if necessary. Pour in wine. Cover and cook at low setting until pork is very tender when pierced (7–8+ hrs). Shortly before pork is done, spread walnuts in a shallow baking pan and bake in a 350 oven until toasted (8–10 minutes). Set aside. Lift pork chops to a warm platter and keep warm. Skin and discard fat from onion mixture, if necessary; then season to taste with salt. Spoon onion mixture over chops, sprinkle with walnuts and remaining 1 tbsp. parlsey.